Work out and rehab

Precision Wellness Center to open in August

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APTONS — The large, warehouse-sized room that has sat vacant for almost two years will soon be filled with post-surgical patients working to regain their strength and students sweating out their test-related angst.

SANTA CRUZ based Precision Physical Therapy & Fitness has entered into a three-year lease agreement to operate the Precision Wellness Center, at the Health and Wellness Center on Cabrillo College’s Aptos campus. Inside the 11,000-square-foot facility buildings with rooms dedicated to cardio and weight training, aerobics classes and one-on-one assessments, as well as locker rooms, and other staples of a typical gym.

Until now, the amenities have only been available to kinesiology students, and their classes will continue to be held in a roped-off section of the main room. But under a new partnership announced this week, members engaged in higher-level activities—doing exercises to enhance their sports performance or working with physical therapists—will also do their exercises there, Veghe said.

Meanwhile, students, faculty, staff, and the community at large will have free reign over the rest of the room, which includes numerous cardio and weight machines designed to work up a sweat and strengthen and tone muscles. Precision staff will also offer such services as group classes, personal training, physical therapy and sports medicine.

Chris Christensen, Precision’s co-owner, said their goal is not to lure anyone away from their gyms, but to provide more of a holistic approach that combines fitness with rehabilitation.

“We’re looking to provide a service to the campus community and to specific segments of the community at large,” he said.

For example, James Veghe, who also co-owns Precision, or one of the other physical therapists will work with patients recovering from surgeries or orthopedic problems to regain their strength and endurance, while Christensen will train athletes in sports-specific exercises to increase their performance.

Starting July 5, the center will be open for tours, and membership sales, though it will not officially open until August. Funded largely by bonds passed in 1998 and 2004, the $19 million Health & Wellness Center opened in the fall of 2010. It sprawls nearly 50,000 square feet on the eastern edge of the campus and has buildings filled with classrooms for students enrolled in such health-related fields as dental hygiene and nursing.

A fitness center was also part of the original plans, but Cabrillo was unable to staff it because of the economic downturn, said Kristin Fobes, Cabrillo’s director of marketing and communications.

Then in January, negotiations began between the college and Precision Physical Therapy, which eventually plans to launch a series of classes designed to help people with pre-existing injuries develop exercise routines.

“It’s quite impressive to have this type of facility on a junior college campus,” Christensen said.

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