Precision Wellness Center to open at Cabrillo College

By ERIK CHALHOUB
OF THE REGISTER-PAJARONIAN

APTOS — After sitting largely dormant for two years, the Cabrillo College Health and Wellness facility will soon be filled by those seeking fitness and physical therapy services, thanks to a recently-announced partnership between the college and Santa Cruz-based Precision Physical Therapy & Fitness.

The Precision Wellness Center, which is slated to open in August, is the result of a three-year lease that will take advantage of the complex.

The 11,000-square-foot facility, part of the overall 58,925-square-foot complex, contains equipment for cardio and weight training: treadmills, bench presses, elliptical machines and more.

However, due to budget cuts and staffing issues, the center was currently only used for Cabrillo’s kinesiology classes, according to Kathy Welch, dean of Cabrillo’s health, athletics, wellness and kinesiology division.

“The state budget crisis made it necessary for us to partner with an organization like Precision Physical Therapy to maximize use of the center,” she said.

Chris Christensen, co-owner of Precision Physical Therapy, said the transition to the Cabrillo campus serves as a growth for the clinic, expanding their services beyond physical therapy and sports performance enhancement to a larger-scale wellness center.

“The goal with this facility is to offer a spectrum of services,” he said. “It will be a one-stop shop.”

Once open, the Precision Wellness Center will provide a variety of fee-based services, including basic fitness amenities, group classes, personal training, massage, onsite sports medicine services and more. Additionally, Precision Fitness is planning to launch its new “Precision Mechanics” classes, which are designed to help those with previous injuries move forward with a pain-free exercise program.

The purpose of the center is to provide physical therapy and sports performance enhancement services, something that might not be offered

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at local gyms. However, this doesn’t mean that Precision is trying to lure people away from other gyms, Christensen said.

“It wasn’t our vision to poach or steal people away from their current gyms,” he said.

One of the reasons for the clinic’s expansion to Cabrillo is to offer an education component for community members, along with Cabrillo staff and faculty. The clinic will share the space with Cabrillo’s kinesiology department, which will “enhance what they do,” Christensen said.

The clinic will be responsible for “operations management,” Christensen said, from equipment to staffing.

Christensen said community members can sign up for the services starting now. Tours of the facility are currently being offered Mondays, Wednesdays and Fridays from 9 a.m. to 12 p.m., and Tuesdays and Thursdays from 3:30 p.m.

Those interested can gather information about the various programs that the center will offer.

The $28 million Health and Wellness Center was funded by voter-approved bond measures in 1998 and 2004. Construction began in 2008, and was completed in 2010.

Precision Physical Therapy & Fitness is located at 9000 Soquel Ave. in Santa Cruz. For information, call 464-8200 or visit www.pretft.com. The Cabrillo College Health and Wellness Center is located at 6500 Soquel Dr., building HW 2000, in Aptos.

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