AdventHealth Wellness Center & Spa

Wellness Services Available for You and Your Family

Whether you need a quick shower, light workout or relaxing massage, our Wellness Center & Spa is available for your convenience.

Wellness Center Amenities at a Glance

- 40,000 sq. ft., multi-level facility
- Personal training and group fitness classes
- Heated indoor lap pool and therapy pool
- State-of-the-art strength and cardio equipment with nine-inch touchscreens, TV and web access
- Full-service locker rooms with showers and toiletries
- · On-site Day Spa
- Pro shop

Three-Day Wellness Pass

AdventHealth Wellness
Center & Spa is more than a gym
and spa. Our goal is to inspire
and empower individuals, families
and the community to achieve
whole-person health by caring for
the body, mind and spirit.

Available for up to 4 family members.

Please present this flyer to the Wellness Center front desk to redeem.

redeemed by

Relax and Rejuvenate

\$20 Off
Any Massage Service

Valid with minimum \$50 purchase.

Please present this flyer to a Day Spa team member to redeem.

redeemed by

Complimentary Hand Massage

This treatment provides light-touch massage movements to the hand, wrist and forearm — improving relaxation and mood.

Available on the day of your imaging appointment.

Please call 407-303-4444 to schedule.

redeemed by (redeemable by patient only)



Safety and Transparency You Can Trust

You don't have to put your wellness on hold. Our Clean & Safe Assurance represents the products, procedures and policies we have in place to protect you and your loved ones when you're in our care.

