

New wellness center to offer multiple fitness programs

Written by Administrator

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New construction in Hugo is often welcome. If you have noticed the new building going up on the west end of town, you are not alone. Many people are curious as to what it is going to be. Recently I spoke to Lance Patterson, the director of Choctaw Nation Health Centers in Durant. He is very excited about the construction of the Hugo Wellness Center. This massive building will be a place for fun, fitness and health development.

The building is going to be a total of 10,000 square feet and can serve up to 150 people per day. There will be on-duty trainer assistance if needed. There will be a half court basketball and volleyball court, and a multipurpose fitness room with weights and treadmills and many more exercise machines. There will also be a children's fitness room, which uses video games such as Dance Dance Revolution, a dancing game that uses exercise to win the game.

There is an after school program for children to do their homework and enjoy games and exercise when they're finished with schoolwork. There will be after school buses that will provide transportation to all who need it. The Wellness Center is to be opened by May 1, 2010. We are all looking forward to this great addition to Hugo.