



Teaming up with Wellness for Warriors for our Fitness Scholarship program is not only something that our community needs but also is what CoxHealth stands for.

Our Vision: To be the best for those who need us. Within our community are the men and women that put themselves first every day to better serve our community, state, and country. Mental well-being takes a huge toll on these individuals and physical fitness is a natural "medicine" that we can provide along with accountability, motivation, and support. Our passion is not only fitness, but we have a passion in serving people in our community. Now is the perfect time to serve and be the best for those who need us.

Our Mission: To improve the health of the communities we serve through quality health care, education, and research. This program is able to serve a large portion of our community--Active military, retired veterans, EMS, Firefighters, Police. All are in need of something that they can look forward to learn and gain positively from as well as keep them moving forward each day.

CoxHealth Fitness Centers is a place we hear often, "their second home". I believe that the culture and family-like support system that my staff and co-workers create is top of the line. I believe that we continue serve our community, as well as these groups, because of Our Values that we hold to the highest of standards. Our compassion and integrity with every member that comes through our doors is something that we value. Our team knows that our members are not just numbers, they are people with a background story and a need for fitness and mental wellness. Having a gym, like CoxHealth Fitness Centers, is somewhere our members can release, let go of day-to-day stressors, grow as a person, learn through physical and mental growth and healing, socialize with like-minded individuals and above all gain over all wellbeing.