Robbins-Madden Fitness Center
In a beautiful setting with flat screen televisions, D&E’s Robbins-Madden Fitness Center offers a variety of cardiovascular equipment, CYBEX strength equipment, and a complete free weight area with Olympic benches and racks.
Make sure you sign in on the Wellness roster.

George A. Myles Pool
Regular Hours (subject to change):*
Open & Lap Swim
Monday-Friday: 7:30-9:00 a.m.; 12:00-2:00 p.m.; 7:30-9:00 p.m.
Saturday & Sunday: 1:00-4:00 p.m.
Make sure you sign in on the Wellness roster.

*Mylaes Ahead Walking Track
Myles Ahead walking and jogging track, located in The McDonnell Center for Health, Physical Education & Athletics, is equipped with a shock-absorbent surface and circles the upper level of the arena, providing a safe, comfortable place for students and community members alike to exercise regardless of weather. Keep in mind, approximately 12.5 laps around the track equal a mile!
Make sure to use a tracking app to record your time.

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Monday - Friday
7:00 a.m. - 9:00 a.m.

*Hours for all facilities vary for holidays, special events and campus breaks based on the College calendar. All changes will be posted in advance.

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What are some examples of wellness opportunities?

Throughout the year, fitness classes through the D&E Wellness Program are offered. Examples of these classes include: Yoga, Personal Training, Zumba, CardioBurn and Water Aerobics. They are announced at the beginning of each semester.

Participants may also sign up for various Physical Education courses offered by the College, subject to space availability. Examples of classes include Kettleball, Circuit Training, even Pickleball! These classes will also be announced each semester and are offered at various times throughout the day to fit into one’s busy schedule.

Fitness classes offered at the Elkins Randolph County YMCA can also count for the weekly one hour of activity. Just make sure to sign the class roster.

Don’t forget! Even walking the dog can count, as long as you use a tracking app.

What is the Wellness Discount on my premium?

Employees can choose to participate in the D&E Wellness screening and receive a $10 discount per month on family coverage if both the employee and their spouse are screened. Single employees receive a $5 discount on their premium per month.

The additional full wellness discount is provided if employees participate in qualified wellness activities for only 1 hour per week. The savings are significant. Under family coverage, the premium is discounted from $360 to $265 per month. For individual coverage, the premium is discounted from $185 to $130 per month. For both plans, only the employee is required to participate in a wellness activity.*

Of course, participation in either discount program is optional. If one chooses not to participate, the regular premium will apply.

How can I participate?

Physical exercise is any activity that enhances or maintains physical fitness and overall health and wellness. It is also any body movement that works your muscles. So whether stretching with yoga or simply going for a jog, all exercise counts!

There are two basic requirements:

► It must be at least one hour of physical activity or class per week.

► It must be tractable. That is, a participant’s name must be on a roster or sign-in sheet OR the activity (walking or running) can be monitored using an app such as MapMyRun.

*These figures are based on the 2014 Highmark enrollment plan.

Goals of D&E Wellness Program

- Improve Employee Health and Quality of Life
- Increase Employee Job Productivity
- Improve Employee Morale
- Help Relieve Stress
- Reduce/Control Health Plan Claims

D&E Wellness Program

The Davis & Elkins College Wellness Program focuses on you: the employee. It gets you involved by helping you identify and move toward your personal health and well-being goals and encourages celebration of your successes. The D&E Wellness Program promotes a culture of wellness with a mind, body and spiritual focus. In doing so, it supports a healthier YOU!

At Davis & Elkins College, wellness is multi-faceted. We believe that a successful and sustainable worksite wellness program should address every aspect of our most important component - YOU! To do so, the D&E Wellness Program takes advantage of both on-campus and off-campus resources.

D&E Wellness! Taking steps for health and savings.