



Beaumont Health and Wellness Center

1555 East South Boulevard
Rochester Hill, Michigan 48307

This medically-based fitness facility was the first occupant of the Health and Wellness Center and opened on February 1, 2011. Not only is it available to patients but community members are also encouraged to join. Sola includes open exercise areas with cable and free weights, cardio-exercise machines, group fitness studios, an indoor cycle room, an indoor track, a half-court gym, a four-lane pool, hot tub, sauna, steam room, child-care and laundry services.

