

LED Light Therapy

Treatments at Chilson

Why LED Light Therapy? The LightStim LED Therapy Bed is FDA Cleared for the temporary relief of minor muscle pain, minor joint pain and stiffness, minor arthritic pain or muscle spasms. It is a soothing and gentle treatment that leaves you feeling rejuvenated as it increases blood circulation, decreases exercise-induced muscle soreness and fatigue, decreases inflammation, enhances the immune system and supports a proactive approach to health and well-being.

Make an Appointment

Visit the Chilson front desk or book online: lovgov.org/webtrac

Trainers | Coaches

Trainers provide consistency, discipline and a whole lot of motivation! Schedule your package with a personal trainer/nutrition coach today. lovgov.org/personaltrainers

Our Facility

Our state-of-the-art fitness, aquatics and sports facility:

- 8-lane lap pool & leisure pool
- Hot tubs and steam room
- Free-weight center
- Cardio fitness machines
- Complete circuit equipment
- Indoor fitness track
- LED Light Therapy
- Indoor group cycling studio
- Fitness and aqua classes
- Racquetball courts
- Gymnasiums
- Gymnastics studio
- Drop-in childcare
- Conference/event facilities

