Russ Hess has managed the Hobart and William Smith Sport and Recreation Center since 2000, emphasizing wellness and fitness to the Colleges community. Besides maintaining the facility, Hess provides wellness-centered programming, including weekly group exercise classes ranging from martial arts and step aerobics to kickboxing and stability ball workouts, various contests that combine exercise and nutritional elements for students, as well as speakers on diet and nutrition, office ergonomics, Pilates, stress management and massage. He also teaches first aid and CPR training sessions, and oversees the intramural recreation program.

Areas of Specialization:
- Fitness
- Strength and Conditioning for Athletes
- Corporate and Hospital-based Adult Wellness/Fitness
- Fitness and Wellness Centers in the Private Sector