

## Seniors Pursuing Active Living® *Services Offered*



The Wellness Center at The Davis Community offers a number of services to assist you along your journey to personal health and wellness.

- **Fitness Center:** Our fitness center includes free weights, resistance machines, and various cardiovascular equipment including treadmills, recumbent bicycles, elliptical trainers, an airdyne, and upright bicycles.
- **Aquatic Exercise Classes:** We offer three different classes: **Water Works (45-60 mins)** is a class taught by a Certified Arthritis Foundation instructor which is a low intensity class focusing on mobility and joint function. The second class, **Hydro Fit (45-60 mins)** consists of a moderately intense workout including cardiovascular, resistance, and flexibility training. **Hydro Blast (45-60 mins)** is vigorously intense class offered at the wellness center and consists of a full body workout including cardiovascular, strengthening, flexibility and balance.
- **Land Based Exercise Classes:** We offer a number of different exercise classes including but not limited to **Cardiofun, Functional Strength, GEN-Chi®, Get Some Balance,** and **Body Core Class.**
- **Fitness Assessments:** At the start of your membership we will offer a full fitness assessment in order to determine where you stand and what your goals are. The initial consultation will consist of a gym orientation, exercise testing, body composition testing, an exercise prescription, and safety counseling. After 12 months have passed you will have an appointment to assess your progress and to reassess your goals.
- **Monthly Wellness Seminars:** The center offers a monthly health seminar ranging from a variety of topics. Some of these topics will be **Fit and Healthy Basic Facts, Arthritis, Heart Healthy,** and **Managing Stress.**
- **Wellness Events:** The wellness center will also host wellness events. These wellness gatherings will be in cooperation with holidays such as **National Senior Health and Fitness Day®, Active Aging Week®,** and **National Falls Prevention Awareness Day®**