



“I joined The Davis Community Wellness Center following my hip replacement surgery in March 2011. I had my other hip replaced in October of 2011 and cut my rehabilitation time in half!”  
Wellness Member  
-Pat Cowan

**EXPERIENCE THE NOT-FOR-PROFIT DIFFERENCE.**



**Research has shown that a regular exercise program of cardiovascular, strength, and flexibility training can be a safe, and effective approach to enhancing quality of life as we age!**

- **Exclusive Fitness Program includes:**
  - Individualized fitness assessment
  - Personalized exercise prescription
  - Access to all land & aquatic exercise classes
  - Unlimited access to fitness center
  - Monthly wellness seminars
  - Access to physical therapy services

**Hours of Operation:  
Monday-Friday 7am-7pm  
Saturday-Sunday 8am-4pm**



1011 Porters Neck Rd  
Wilmington, NC 28411  
(910) 319-2124  
Contact Blake Shepard for additional information.  
[www.thedaviscommunity.org](http://www.thedaviscommunity.org)

**\*Annual Contract Required\*  
\$49.95 per month**