



Members may choose:

Membership

This option is for unsupervised use of the Wellness Center, including independent use of the strength training and cardiovascular equipment and use of the pools. Also included are wellness lectures, as well as a large variety of classes. Resident members pay a one-time registration fee.

Personal Training

For a small fee, an individual can hire one of our highly trained wellness specialists to develop an individualized workout program to meet your wellness goals and needs.

Small Group Personal Training

Two to four individuals can hire one of our wellness specialists for an hour of sport-specific training. This could include, but is not limited to skiing, running, cycling, floor Pilates, balance, etc.

Independent Living costs

One-Time Registration Fee	Annual Access Fee	Additional Fee
\$50	\$0	n/a

Members personal training costs

30-Minute Session	60-Minute Session	Small Group Training Session
\$35	\$60	\$30

Something for everyone

The Wellness Center's offerings include a wide range of classes, suitable for varied fitness levels:

- Aerobic exercise classes
- Affordable personal training
- Arthritis exercise classes
- Balance classes
- Bocce Ball court and tournaments
- Chair exercise classes
- Core exercise classes
- Cycling groups
- Gentle joint aqua classes
- Hiking trip
- Interval training classes
- Meditation
- Nordic walking
- Open pool and lap pool times
- Outdoor exercise classes
- Pilates classes (reformer)
- Postural alignment classes
- Small group personal training
- Specialty classes
- Spin classes
- Stretching classes
- T'ai Chi Chih classes
- Therapeutic massage
- TRX® suspension training classes
- VirtuSense VST
- Balance Assessments
- Water aerobics
- Wellness coaching
- Wellness lectures, films, documentaries, and discussions
- Yoga

