



# Fitness at Elim Park

## Wellness Program and Services



### Fit and Fabulous at Elim Park

Whether it's on treadmills or treading water, Elim Park residents are staying fit and healthy in our 12,000 square foot fitness and exercise center. Workouts aren't just work, they're interactive and social. To track progress, each resident participates in a personal assessment when they begin a fitness program. After consistent strength training and cardiovascular workouts, residents have shown marked improvement in strength, balance and flexibility.

In addition to our popular land classes, our certified staff conducts weekly aquatic classes in our 30 x 60 foot warm water pool. The Center also features a whirlpool, massage therapy, reflexology and personal training.

Our top priority is to keep residents independent and maximize quality of life. One component of healthy living at Elim Park is *HealthAbility®*, a comprehensive wellness program that engages the mind, body and spirit.



**The Wellness Center is open daily from  
5:30a.m. to 9:30p.m.**

Our residents enjoy many options that are available to them in the Center - all services are included in the monthly service fee except those noted.

- A consultation with an experienced staff member to discuss an appropriate exercise program for you.
- A 30' x 60' warm-water (87°) pool.
- Aquatics classes.  
Three levels, eight classes per week.
- A whirlpool (101°).
- An aerobics room.
- Group exercise land classes.  
Four levels, seventeen classes per week.



- A strength and cardio area with state-of-the-art strength and cardiovascular equipment that accommodates older adults, such as treadmills, recumbent bikes and more.

Also available at an additional cost:

- Massage Therapy.  
Appointments may be made with a licensed massage therapist.
- Personal Training.  
Appointments may be made with a certified personal trainer if residents desire one-on-one training.



Elim Park is committed to the health and well-being of our residents. Our certified staff provides education and instruction in a caring and positive environment. Future residents on our *Wait-list* are eligible to purchase a membership to use the Center. You may contact us at any time to discuss our Wellness and Fitness Program by calling Barbara Womer, Wellness Director at (203)272-3547 extension 371.

[www.elimpark.org](http://www.elimpark.org)

