



A Message from Your Fitness Director

Rachel Gibson

It's June! The weather is getting gorgeous so try to get out for some fresh air and exercise! Our June Fitness Punch Card is available for you to pick up at the Front Desk. I encourage you all to get one of these. You will receive a punch for each group or one-on-one class attended and will be entered into a drawing at the end of the month for a paid lunch-bunch outing! Bring a new resident who has never been to a class before and get an extra punch! The more punches, the more chances to win! The May drawing will be held at the June Resident Council meeting on June 5th!.

Congratulations to our April winner, Chuck Curty.



New Classes!

Chair Drumming! This class involves using drumsticks to hit an exercise ball placed on a bucket while listening to upbeat music! Fun arm workout! June 3 and 17 at 1:00 pm.

Rhythm & Dance!

Get your body moving and grooving to fun dance music! This class is done standing or seated! Friday, June 13th at 1:30 pm.

*Exercising at Fountain Plaza is Good for You!
All classes can be done seated and everyone works at their own individual fitness level.
If you haven't been to a class, give it a try!
You'll meet some new friends and have a little fun!! Check with your physician before starting a new fitness program.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Walk 2 laps or more around the fountain	2 9:30 Balance & Stability 2:00 Ageless Grace	3 9:30 Resistance Bands 1:00 Chair Drumming 2:30 Gentle Stretch	4 9:30 Seated Strength	5 9:30 Ageless Grace	6 9:30 Seated Strength	7 Walk for 20 minutes outside and observe the spring flowers
8 Walk around our resident garden area	9 9:30 Balance & Stability 2:00 Ageless Grace	10 9:30 Resistance Bands 1:00 Balloon Volleyball 2:30 Gentle Stretch	11 9:30 Seated Strength 2:00 Balance & Stability	12 9:30 Ageless Grace 2:45 Mobility Ball Exercise	13 9:30 Seated Strength 1:30 Rhythm & Dance	14 Walk all first floor hallways (or more)
15 Walk around our beautiful backyard	16 9:30 Balance & Stability 2:00 Ageless Grace	17 9:30 Resistance Bands 1:00 Chair Drumming 2:30 Gentle Stretch	18 9:30 Seated Strength 2:00 Balance & Stability	19 9:30 Ageless Grace 2:45 Mobility Ball Exercise	20 9:30 Seated Strength	21 Walk 2 laps or more around the fountain
22 Use the recumbent bike in the gym for 15 mins	23 9:30 Balance & Stability 2:00 Ageless Grace	24 9:30 Resistance Bands 1:00 Balloon Volleyball 2:30 Gentle Stretch	25 9:30 Seated Strength	26 9:30 Ageless Grace 2:45 Mobility Ball Exercise	27 9:30 Seated Strength	28 Get some sunshine!!!
29 Walk all first floor hallways	30 9:30 Balance & Stability 2:00 Ageless Grace			One-on-One Sessions are scheduled around group classes and are usually held in the Fitness Center.		

Balance & Stability

Focuses on strengthening ankles, knees, and hip joints, crucial for maintaining stability and preventing falls. This is a seated/standing workout and walker-friendly

Ageless Grace

Ageless Grace is a fun, seated, brain and body fitness program that uses exercise to improve cognitive function and physical health.

Mobility Ball

Low intensity, seated exercise using a light ball to promote joint mobility while having a little extra fun

Seated Strength

Full body seated (or standing) workout using dumbbells or weighted balls to promote muscle strength

Gentle Stretch

Improve flexibility and mobility in this relaxing seated workout where we go through a series of stretches for your entire body

Resistance Bands

Full body, seated workout using resistance bands to gently stretch and engage muscles to improve muscle strength, endurance, flexibility and range of motion.

BE FIT, BE STRONG, BE WELL AT FOUNTAIN PLAZA

A MESSAGE FROM YOUR FITNESS DIRECTOR

RACHEL GIBSON

Hi, I'm Rachel, your Fitness Director here at Fountain Plaza! I am an experienced Certified Personal Trainer and Group Fitness Instructor at your service to help you reach your individual health and fitness goals.

I can meet with you to assess your individual needs and create a plan just for you. If you have exercises prescribed by your physical therapist, I can help keep you on track! You can reach me at our Activities Department for more information and to schedule a private session

I also invite you to join my group fitness classes as seen on the calendar. They are low impact and can be done seated or standing. We keep it moving, and we have a great time!

I'm so happy you are here, and I'm looking forward to meeting you!

FREQUENTLY ASKED QUESTIONS

How much does training cost?

One-on-one trainings and group classes are part of Fountain Plaza's all-inclusive services!

Is it too late for me to start now? Where do I start?

It is never too late to begin your fitness journey. I'm here to help when you're ready. Stop by the activity office to set up an appointment.

What are the benefits of fitness training?

Regular physical activity can help improve overall quality of life. Some of the many benefits include improving sleep quality, reducing feelings of anxiety, reducing blood pressure. Exercise promotes brain health, heart health, cancer prevention, healthy weight, bone strength, balance and coordination. Exercise is social too! Get fit and have fun with your friends.

How much physical activity do I need per week?

Adults over 65 who do not have limiting medical conditions should get a minimum of 150 minutes of moderate intensity aerobic physical activity (walking) each week, according to the CDC. Strength training exercises should be included twice a week.

What is the best exercise for me?

Everybody has different needs. Let's meet and discuss!

Do I need to see my primary care provider before beginning a program of physical activity?

Getting active is one of the healthiest decisions you can make as you age, but it's important to do it safely. Talk to your provider before starting an exercise program, especially if you have a preexisting condition.

Do I need special clothing and equipment?

Not at all. Safe and effective physical activity can be performed wearing comfortable shoes and loose fitting everyday clothing. All the equipment necessary is provided at our fitness classes.

What additional activities can I do on my own to promote my physical health?

Walking our hallways is a great activity you can do at your own pace. Take the stairs instead of the elevator, if you are able. Check out our balance exercises posted on the wall in our gym and give them a try. These are just a few examples!