

What Can Exercise Do for Me?

1. **Endurance exercises** increase your heart and breathing. They improve the health of the heart, lungs, and circulatory system, and help prevent or delay many diseases associated with aging.
2. **Strength exercises** build your muscles making older adults strong enough to do the things they need to do and the things they like to do.
3. **Balance exercises** help prevent falls and other injuries that often lead to disability and loss of independence.
4. **Flexibility exercises** help keep your body limber and may prevent injuries in the first place.

Exercise: A Guide from the National Institute on Aging.

Scientists are finding that an adequate exercise program, coupled with a healthy diet, can help you recapture your youthful vitality.

FITNESS MEMBERSHIP BENEFITS

- + Initial 1on1 Fitness Assessment
- + Quarterly Re-Assessment's
- + Personalized Fitness Log
- + Full Instruction~Equipment Usage
- + Individualized Training on Stability Balls, Free Weights & Stretch Bands

(3)
GROUP EXERCISE CLASSES
AVAILABLE

Monday: Traditional Line Dancing
1-3:00pm

Tuesday: Low Impact Cardio
9-10:00am

Thursday: Chair "YOGA"
9-10:00am

**Many More Programs & Classes
Offered...Newsletter Available**

Welcome to
CLAYMORE
AN ADULT
RECREATION CENTER

Fitness Program Brochure



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Claymore ← → **Get Set, GO!**

FITNESS PROGRAM

Our Program has been designed to offer a comprehensive Health and Fitness program which addresses the needs and goals of the participants' of the Claymore 40+ Center. The staff develops individualized programs to ensure that each person is exercising at the optimal level for their fitness level. Health and fitness specialists are readily available to provide valuable information and ensure the safety of participants while exercising.

DID YOU KNOW?

“Research suggests that growing older does not mean you have to lose your strength and ability to do everyday tasks and the things you enjoy doing. But an inactive lifestyle does mean that you probably will lose some of your strength and ability, and that you will be at higher risk for diseases and disabilities. Fortunately even many frail people can improve their health and independence by increasing their physical activity.”
Exercise: A Guide from the National Institute on Aging

GETTING STARTED... Registration Procedures

Main Office/First Floor

1. **May we take you on a tour?**
2. **Complete “New Member” Registration Form**
3. **Note of Approval~~Staff will send Physician referral via fax today.**
4. **New Member Fee: \$50 required of all 1st time participants beginning the Exercise Program.**
5. **After payment, you will receive a “Coupon” for an assessment given by Fitness Coordinator/Personal Trainer**

Continuing Dues:

After Completing the first three~months you can chose to pay

- a) 3 months @ \$45
- b) 6 months @ \$90
- c) Full Year @ \$165



**Men's & Ladies
Shower/Restrooms with Lockers**



Blood Pressure Monitors



(3) 32" Flat Screen TV's

OPERATIONAL HOURS

Monday - Friday

6:30am – 2:00pm

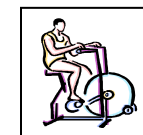
PERSONAL TRAINER ON SITE

Monday-Wednesday-Friday

7:30am-12:30pm

CARDIOVASCULAR EQUIPMENT

- Arm Egometer
- EFX
- Rowing Machine
- Stairmaster
- Treadmills
- Airdynne and Recumbent Bikes



RESISTANCE TRAINING EQUIPMENT

- Ab / Back Curl
- Bicep Curl
- Chest Flye
- Chest Press
- Shoulder Press
- Tricep Pressdown
- Lateral Pulldown
- Leg Curl
- Leg Extension
- Leg Press
- Body Bars
- Dumbbells 3 - 30 lbs
- Flat & Incline/Decline Bench
- Resistance Tubing
- Stability Balls
- Stretching Machines

