

## **Kendal at Oberlin - Community Fitness Program**

The Kendal at Oberlin Fitness Center offers exercise classes or monthly memberships for those with medical needs. Our instructors are certified and educated in Senior Fitness, Exercise Physiology and are uniquely qualified to work with your needs. A class pass is available for \$40 (10 sessions); monthly membership is \$35 for pool **or** exercise room and \$50 for both areas. Call us with your questions at 440-775-9851. A medical referral may be required – ask your physician which option below is best for you.

### *Land Exercise Classes*

[ ] **Morning Stretch Class** – Moderate level class for strength, stretching, and balance using seated and standing exercises. T/Th 8:30 – 9:15am, Exercise Room.

[ ] **Tai Chi** – All levels can enhance overall movements skills, balance, and facilitate relaxation in this slow-paced class. T/Th 1:30 - 2:30pm, Exercise Room.

### *Water Exercise Classes*

[ ] **Water Aerobics** - High level class in the deep and shallow ends with aerobic, strength, and endurance exercises. M/F **or** T/Th, 9:00 – 9:45am.

[ ] **Arthritis Foundation Aquatic Program** - Low to moderate level class, with a focus on flexibility, range of motion, balance, and endurance. M/F 10:15 - 11:00am in shallow water **or** T/Th 10:15 – 11:00 in deep water.

[ ] **Water Arthritis +** – Low to moderate level class with a focus on strength, flexibility, range of motion, and endurance. T/Th 1 – 1:45 in deep water.

**[ ] Therapy Pool Arthritis Exercise** - Low level class with a focus on range of motion in the warm and shallow therapy pool. M/F 1:30 – 2:15pm.

**[ ] Water Tai Chi** – All levels class in the warm and shallow therapy pool, with a focus on flexibility, balance, and relaxation. M/F 2:30 – 3:15pm.

**[ ] Water Fitness** – Highest level class, held in the deep and shallow ends, with a focus on overall fitness and fun. T/Th 4:45 – 5:30pm.

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To register for classes or monthly membership:

1. Bring or mail the form below to the Fitness Center, or
2. Call the Fitness Center at **440-775-9851** and register over the phone.

You will be contacted by phone to arrange an orientation session prior to your first class or activity. A picture I.D. will be required for class or membership registration.

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**Kendal at Oberlin - Community Fitness Program Registration Form**

Your Name (print) \_\_\_\_\_

Address \_\_\_\_\_ City and Zip \_\_\_\_\_

Phone \_\_\_\_\_

Class Name(s) \_\_\_\_\_ , \_\_\_\_\_ ,

**OR** Monthly Membership (check one):    [ ] Pool    [ ] Exercise Room

Please attach your prescription and/or medical clearance for monthly membership (if applicable).

**Kendal at Oberlin Fitness Center    600 Kendal Drive    Oberlin, OH 44074**