



## Wellness: A lifestyle and life-long journey

Your health and well-being are our priority at Frasier. No matter how many years you've lived or challenges you've faced, we're committed to helping you achieve your personal best here. That's the reason we encourage an individualized whole-person wellness approach that is focused on prevention and fosters individual empowerment and responsibility. It's why our staff collaborates to promote wellness in all areas and all ways throughout our community. And it's the purpose of our Wellness Center, a modern facility that provides:



- Functional fitness classroom
- Large exercise classroom
- Strength training and cardio areas
- Satellite Wellness workout rooms
- 25-meter lap pool (86 degrees)
- Warm water (96 degrees) resistance pool
- Treatment rooms where we provide a variety of bodywork and spa services

## Something for everyone

The Wellness Center's offerings encompass acupuncture, yoga, and everything in between, including:

- 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 trips
- 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





# FRASIER

## WELLNESS CENTER FEES

Frasier members may choose from the following Wellness Center options:

### 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	\$50	\$30

## Be strong and thrive

Our staff members are highly trained and up to date on all the latest recommendations and practices for senior health and wellness. Through the Wellness Center’s strength training program, we’ll help you use the HUR® senior-specific strength training equipment to keep your muscles strong and fit. We’ll also teach methods of postural alignment and pain-free movement – setting your goals, then helping you achieve them in a group setting or one-on-one with a personal trainer. Additionally, we assist with your rehabilitative therapy, working with our therapy department to help you regain your optimum level of fitness and health.

Here at the Wellness Center, our aim is to rejuvenate your body, mind, and spirit so that you can live a well-balanced, active life throughout your “golden years.”

*Prices effective July 2023 and subject to change.*