



What We Offer

Our Fitness Center Features:

- Matrix Treadmills
- Matrix Bikes
- Matrix Ellipticals
- Octane X-Riders
- Matrix Rowing Machine
- Matrix Echelon Bikes
- NuSteps
- Matrix Strength Training Circuit
- Weight Bench and Free Weights
- Wellbeats — Virtual Classes

Aquatic Center Features:

- Pool and Spa
- Shower Facilities
- Hydroworx Treadmill
- Lifeguard on duty

Group Exercise Features:

- Strength Training
- Low Impact Aerobics
- Balance Classes
- Cardio Box
- Chair Classes
- Cycle Classes
- Drumming Classes
- Yoga and Chair Yoga
- Water Aerobics
- Tai Chi
- Zumba Classes

Wellness Department Staff

Teresa Reymann-Curran

Fitness Manager

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Sylvia Moore

Fitness Coordinator

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Teresa Reed

Fitness Specialist

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Kenzer Herbert

Fitness Specialist

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Fitness Center

Located in Charlestown Square

Ext. 601- 8730

Aquatic Center

Located in Charlestown Square

Ext. 601- 8730

Flex Fitness Center

Located in Cross Creek

Ext. 601- 8730


Charlestown
BY ERICKSON SENIOR LIVING™

WELLNESS DEPARTMENT



Introduction

The **Wellness Department** provides professional staff, well-equipped facilities, and wellness opportunities to help maintain and foster independent exercise for healthy, active living.



Our Mission

In the Charlestown **Wellness Department**, we share our gifts to create a community that celebrates life by promoting a healthy lifestyle for mind, body and spirit.



Hours of Operation Fitness Centers

Fitness Center

Located in Charlestown Square
Monday through Friday
(Fitness Center is Staffed)
7:00– 4:00PM.

Flex Fitness Center

Located in Cross Creek
(Fitness Center is Not Staffed)
Open: 24/7

Monthly Fee:

Free - Independent Membership

\$35/Month - Group Fitness Classes.

\$80/Month - 20/20 Personal Training Membership (20 minutes with a trainer and 20 minutes on cardio equipment).

- Staff on duty to assist in designing and monitoring personal fitness programs.

Balance Classes

\$50 for 5 weekly classes scheduled Tuesday and Thursday. Classes designed to strengthen those weak muscles while training your vision, vestibular (inner ear) and somatosensory systems, all of which contribute to falls. This class will help you with your fear of falling and also help prevent your falls.

Hours of Operation Aquatic Center



Monday — Friday
6:00 a.m.-12:00 p.m.
1:00 p.m. - 4:00 p.m.
2:00 - 4:00 p.m. **Guest Hours**

Mondays & Thursdays
6 p.m.- 8 p.m.

Saturday
8:00 a.m. -12:00 p.m.
1:00 p.m.-7:00 p.m.
1:00 p.m.- 7:00 p.m. **Guest Hours**

Sunday
12:00 p.m. - 7:00 p.m.
12:00 - 7:00 p.m. **Guest Hours**

Open on Holidays (8:00 - 4:00pm)

Pool Classes

Tuesday & Thursday
Water Aerobics
10:00 a.m.-10:45 a.m.
Monday & Friday
Men's Water Exercise Class
10:00 a.m. - 10:45 a.m.