



# vitality

A FITNESS CENTER



**HOURS OF OPERATION:** 6:00am – 9:00pm | Sunday – Saturday

## Sample Offerings

**AQUA ZUMBA®:** Blends together a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Level 3 \*

**CHAIR YOGA:** Through breathing techniques, postures, stretches and relaxation you will receive benefits such as stress reduction, stronger mental focus, healing injuries, improve nervous and immune systems. Level 1, 2, 3

**WALK FOR LIFE:** An ongoing walking program which can be indoor or outdoor. The goal is to walk a mile. Level 3

**FUNCTIONAL FITNESS:** Improve activities of daily living through refining strength, flexibility and range of motion. Weights, bands, tubing and balls are used as well as music. Level 1, 2, 3

**SPLASH FITNESS:** A fun exercise class in the water focusing on muscle conditioning, strengthening and balance. This class is for someone who can get in and out of the water without assistance. Level 3 \*

**STRETCH AND BALANCE:** A simple stretch class that includes gentle upper and lower body stretches as well as abdominal strengthening and body posture done to music. Level 1, 2, 3

**FUN AEROBICS:** A 45 minute low impact aerobic & strength training class. This class begins with a standing warm-up followed by low impact aerobic moves. The rest of the class works on strengthening exercises. Level 2 and 3

**CARDIAC REHAB PHASE III:** This supervised exercise plan is recommended for anyone wishing to improve their level of cardiovascular fitness. Blood pressure and heart rate monitoring included. Assessments are given. Level 1, 2, 3 \*

**CHAIR PILATES:** A workout that focuses on strengthening your core abdominal and back muscles. Level 1, 2, 3

**STRENGTH TRAINING FOR WOMEN:** Learn the proper technique and form using hand held weights in a more personal setting. 4 participants are needed to conduct the class. Level 3 \*

**ZUMBA® GOLD:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Level 3

**AQUA THERAPY:** This program is coordinated with the physical therapy department and an aqua therapy script needs to be provided by the physician.

**FITNESS LEVELS:** Fitness classes have been divided into levels. Please see which level fits your fitness needs.

**LEVEL 1:** For the very beginner, needs assistance for support and balance such as a chair.

**LEVEL 2:** For someone that can stand on their own but might need assistance for support or balance such as a chair.

**LEVEL 3:** For someone who does **NOT** need assistance and can do floor exercises.

*\* Additional fee applies for this class. Offerings subject to change at any time.*



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In the center of it all, located on Park Avenue on the Bridgeport/Fairfield border.

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