



vitality

A FITNESS CENTER



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

Sample Offerings

AQUA ZUMBA®: Featuring a blend of safe, yet challenging, water-based workouts that combine cardio conditioning, body toning and fun. Level 3

CHAIR YOGA: Through breathing techniques, postures, stretches and relaxation you will receive benefits such as stress reduction, stronger mental focus, healing injuries as well as improvements to the nervous and immune system. Levels 1, 2 and 3

WALK FOR LIFE: An ongoing walking program that 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 in addition to music. Levels 1, 2 and 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 in rhythm with music. Levels 1, 2 and 3

FUN AEROBICS: A 45-minute, low-impact aerobics and strength training class. This class begins with a standing warmup followed by low impact aerobics moves. The remainder of the class features strengthening exercises. Levels 2 and 3

ZUMBA® GOLD: The Zumba technique fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Level 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 in addition to complimentary assessments. Levels 1, 2 and 3

CHAIR PILATES: A workout that focuses on strengthening your core abdominal and back muscles from a safely seated position. Levels 1, 2 and 3

STRENGTH TRAINING FOR WOMEN: Learn the proper technique and form using hand-held weights in a more personal setting. A minimum of four participants are needed in order to conduct the class. 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 in order to partake in a fully customized class.

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 who 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.



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

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