

MEMBERSHIP BENEFITS

The Forum Fitness Center was Specifically designed for Forum Residents by Forum Residents!

Membership Includes:

- New Resident Orientations
- Fitness Staff on duty
- A variety of Fitness Classes provided by The Forum
- Use of Fitness Center and Pool by Residents and guests:
 - ~14 and older in Fitness Center
 - ~14 and older in Pool with an adult
- Men's and Women's Locker Rooms with towel service and

FITNESS CENTER HOURS

5:30am - 10:00pm daily

POOL & HOT TUB HOURS

7:00am - 6:00pm daily



Water Aerobics at The Forum

FITNESS EQUIPMENT

The Fitness Center is well-equipped with machines and accessories for a thorough and safe workout.



- 10 Cardiovascular machines
- 10 Strength machines
- CyberCycle / Brain Fitness
- Dakim Brain Fitness
- **Functional Training Room**
TRX stations, free weights, yoga mats, PhysioBalls, medicine balls, hand and ankle weights, straps, blocks, resistance bands
- **Swimming Pool (outdoor)** 60ft, 82/84 degrees year-round, outdoor. Lap swim lane during busy summer months
Relaxing poolside area
- **Relax in our Hot Tub (outdoor)**
Approx. 102 degrees year-round

FITNESS PROGRAMS

QUALITY FITNESS CLASSES

- Back & Abs offered 5 days/week
- Chair-Ro-Bics 3 days a week
- Circuit Training 2 days a week
- Low Impact 2 days a week
- Move to Music / Zumba Gold
- Neuro Fitness Brain/Body/ Senses
- Tai Chi for Balance also Basics \$
- Aqua Fit & Aqua Yoga \$
- Chair Yoga/ Mat Yoga/ Int. Yoga \$

PERSONAL TRAINING \$ NOMINAL FEE

Sessions are tailored to Resident's needs for the best fitness improvement

- Fall Prevention Group Sessions
- Water Therapy
- Strengthening & Flexibility
- Corrective Exercise
- Post Rehab/Physical Therapy

PREPAID "6 PACK" SESSIONS

Six, 30-minute sessions with a Forum Personal Trainer, at a nominal fee

SMALL GROUP SESSIONS

Workshops and small group classes meeting specific needs. Low Group fee

- Small Group Training \$
- Fall Prevention \$
- Walker Workout \$

SPORTS & RECREATION

- Putting Green
- Bocce Ball
- Shuffleboard
- Horseshoes