

Windsor Fitness Room

The Windsor fitness room is equipped with some of the latest fitness equipment including an Image treadmill, a Keiser leg press, a Keiser Wall Unit, a NuStep, a Schwinn Airdyne, and a True treadmill. The fitness room is open at all hours. There is **no charge** for residents to use the room. An appointment can be made with our fitness specialist for proper equipment instruction. There is no charge for equipment instruction. To make an appointment, call the front desk.

Personal Training

With our own **Fitness Specialist**

Come in and learn what our Fitness Specialist can help you with:

- One-on-one sessions in your apartment
- Individualized program custom made for you
- Enjoy the luxury of having your own “coach”

Call the Front Desk to schedule an appointment - the fitness specialist will then contact you and discuss details and charges.

Additional Opportunities

Yoga and Tai Chi are offered by outside instructors at various times throughout the year.

Yoga

Improve your muscle tone and flexibility while calming your body and mind. This class will build your strength through breathing, yoga poses, relaxation, and meditation. Both standing and seated classes are available.

Tai Chi

Completely non-impact yet involving the entire body, Tai Chi will move you slowly and gently while promoting strength, stamina, balance and flexibility.

Further information will be provided before each session is offered.

The Windsor of Savoy Fitness Opportunities



For further information about any of the programs mentioned in this brochure, please contact the Life Enrichment Coordinators:

Angelika Hustedt
819-4988

Angela Overholt
819-5104



Exercise Class Options

Exercise with Dar

Join fitness specialist, Dar Bouck, on Monday, Wednesday and Friday mornings at 8:30 a.m. in the Savoy Room, for a class that includes resistance training, coordination, core strength and stabilization, and stretching exercises.

Exercises are performed both seated and standing using light weight dumbbells, dynabands, tubing and small rubber balls.

This class is 30 minutes in duration.

Gentle Exercise

This class is held Tuesday and Thursday mornings at 8:30 a.m. in the Savoy Room.

This program is mainly a seated exercise program (with occasional standing).

This class is 30 minutes in duration.

Low Intensity Exercise

This class is held Monday through Friday at 9:30 a.m. in the Windsor Court Activity Room.

This program is a head-to-toe (seated) exercise routine.

This class is 30 minutes in duration.

Other Fitness Opportunities

Zumba Gold

The Zumba® Gold Fitness program is all about motivating music and unique moves and combinations. Zumba Gold fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that was designed for the active older adult.

This class is a seated workout and is held on Mondays at 3 p.m. in the Windsor Court Activity Room. Transportation from the main Windsor is available.

This class is 30 minutes in duration.

Balance Class

This class is a standing workout designed to improve strength, core stability, flexibility and balance.

This class is held on Fridays at 2:30 p.m. in the Windsor Court Activity Room. Transportation from the main Windsor is available upon request.

This class is 30-45 minutes in duration.

Windsor Walkers

Come join the Windsor Walkers and get on your feet for a walk every Tuesday morning. The Windsor Walkers will be taking various routes throughout the year, including outside walking when the weather permits.

Participants are encouraged to walk at their own pace. Group walks are organized by one of the Life Enrichment Coordinators, however, participants do have the option of organizing a spontaneous walk. Join in the fun!