

What Can Exercise Do for Me?

1. **Endurance exercises** increase your heart and breathing. They improve the health of the heart, lungs, and circulatory system, and help prevent or delay many diseases associated with aging.
2. **Strength exercises** build your muscles making older adults strong enough to do the things they need to do and the things they like to do.
3. **Balance exercises** help prevent falls and other injuries that often lead to disability and loss of independence.
4. **Flexibility exercises** help keep your body limber and may prevent injuries in the first place.

Exercise: A Guide from the National Institute on Aging.

Scientists are finding that an adequate exercise program, coupled with a healthy diet, can help you recapture your youthful vitality.

FITNESS MEMBERSHIP BENEFITS

- + One-on-One Fitness Assessment
- + Personalized Fitness Log
- + Full Instruction on Equipment Usage
- + Individualized training on Stability Balls, Free Weights & Stretch Bands

(3) FREE GROUP EXERCISE CLASSES

Monday: Traditional Line Dancing
1-3:00pm

Tuesday: Low Impact Cardio
9-10:00am

Thursday: Chair "YOGA"
9-10:00am

8 Week Stability Ball Class
Starts back up in Sept. 2010
Thursday's 11am-Noon
To register and make payment
contact the office!

Welcome to **CLAYMORE**

"AN ADULT RECREATIONAL
CENTER FOR THE YOUNG
AT HEART"

Fitness Program Brochure



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Claymore ← → **Get Set, GO!**

FITNESS PROGRAM

Our Program has been designed to offer a comprehensive Health and Fitness program which addresses the needs and goals of the participants' of the Claymore 50+ Center. The staff develops individualized programs to ensure that each person is exercising at the optimal level for their fitness level. Health and fitness specialists are readily available to provide valuable information and ensure the safety of participants while exercising.

DID YOU KNOW?

“Research suggests that growing older does not mean you have to lose your strength and ability to do everyday tasks and the things you enjoy doing. But an inactive lifestyle does mean that you probably will lose some of your strength and ability, and that you will be at higher risk for diseases and disabilities. Fortunately even many frail people can improve their health and independence by increasing their physical activity.”
Exercise: A Guide from the National Institute on Aging

GETTING STARTED...

Registration Procedures

Main Office/First Floor

- 1. Completed appropriate preliminary screening:**
a) Staff will gladly send your referral form via Fax to your physician. b) Take form to your physician's office & have them fax it back to Claymore office.
- 2. Signed Referral Form Returned:** Once we receive this form, a Fitness Specialist will contact you to schedule an initial appointment.
- 3. Waiver and Release:** Bring with you at your initial 1 on1 appointment.
- 4. Exercise...**Once you have completed all of the above criteria, you may exercise Monday through Friday without an appointment.

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The Claymore Fitness Center provides services to anyone **45+** for a fee of **\$15 per month.**

Our Payment Options

- ✚ Pay for a full year & receive (1) month FREE.
- ✚ (6) months= \$90 from the month you joined.

Shower Rooms with Lockers Available

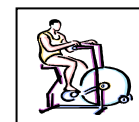
OPERATIONAL HOURS

Monday-Wednesday-Friday
7:00am - 12:30pm

Tuesday & Thursday
7:00am-2:00pm

CARDIOVASCULAR EQUIPMENT

- Arm Egometer
- EFX
- Rowing Machine
- Stairmaster
- Treadmills
- Airdynne and Recumbent Bikes



RESISTANCE TRAINING EQUIPMENT

- Ab / Back Curl
- Bicep Curl
- Chest Flye
- Chest Press
- Shoulder Press
- Tricep Pressdown
- Lateral Pulldown
- Leg Curl
- Leg Extension
- Leg Press
- Body Bars
- Dumbbells 3 - 30 lbs
- Flat & Incline/Decline Bench
- Resistance Tubing
- Stability Balls
- Stretching Machines

