

THE HEART BEATS STRONGER  
*on the bay.*



WELLNESS AND PROGRAMMING  
*at* PLYMOUTH HARBOR

  
*Plymouth Harbor*  
ON SARASOTA BAY





## YOUR WELLNESS JOURNEY BEGINS HERE

Whether you're taking a dip in one of our pools, crafting your own artwork or meeting friends for a group exercise class, this is where your personal wellness can reach all-new levels. Now that you've moved into Plymouth Harbor, stop by the Wellness Center to receive a comprehensive orientation of our fitness center and programming opportunities. Learn all about the different equipment offered and the fitness center guidelines before completing a consent/waiver of release and liability form. This form must be completed before using the Wellness Center and its amenities.

## AMENITIES

- Indoor Therapy Pool
- Outdoor Pool
- Indoor Spa (Hot Tub)
- Wood & Craft Shop
- Art Studio
- Group Exercise Room
- Fitness Center (Gym)



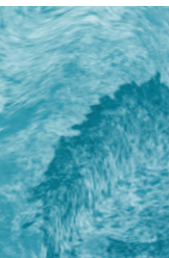
## EVENTS

Join us for a multitude of wellness events throughout the year, including quarterly education and demonstration of exercises and equipment, social events and an annual Resident Wellness Week celebration. These events are communicated through the Wellzesta Life digital platform ([life.wellzesta.com](https://life.wellzesta.com)).



## COMPLIMENTARY SERVICES

- **Wellness Measurements:** A blood pressure machine, pulse oximeter and scale are all available for residents to use.
- **Chair Massage:** Enjoy a complimentary chair massage from our Licensed Massage Therapist. Check with the Wellness and Programming team for the most up-to-date schedule.
- **Community Connections:** Check Wellzesta Life for updates on various resident-run community groups on campus, including kayak and biking groups.
- **Continuing Education:** Read the latest health and wellness articles, as well as a range of informational resources pertaining to aging services.
- **Fitness Assessments:** This 1:1 personal assessment evaluates your current fitness level through a series of exercises consisting of strength, flexibility, cardio and balance. Prior to the assessment, an up-to-date medical clearance is requested from your physician. With your permission, a Wellness team member will contact your physician and handle the entire process with the utmost confidentiality. After the assessment is completed, a customized workout regimen will be designed to fit your specific goals.
- **Games:** A variety of games, including table tennis, are available in the Wellness Center.
- **Group Fitness Classes:** Choose from a variety of classes that stretch your mind and body. Aqua-based and land-based classes are available at a variety of levels. A class calendar is available in the Wellness Commons area and on the Wellzesta Life digital platform.
- **Personal Training:** Wellness team members are all certified personal trainers and are able to provide complimentary fitness assessments. These staff members can partner with your primary care physician, care manager or physical therapist for continued support. Train in the fitness center or at home with this fee-for-service program designed to help you build, improve and maintain wellness.
- **Physical Therapy:** Our partners at Functional Pathways, a private, therapist-owned organization with more than 28 years of experience in serving senior living communities, provide a smooth transition from therapy to independent workouts. Our personal trainers can provide you with more information on this partnership.



## VoyAges

The Wellness and Programming team places a great deal of emphasis on whole-person wellness, targeting a multi-dimensional approach to maintain broad interests and a healthy lifestyle for an active mind, body and spirit. We call this VoyAges.

The amenities and programs we offer at Plymouth Harbor are designed to grow with you by using this multi-dimensional philosophy. You are welcome to read more about the VoyAges program in the bi-monthly resident newsletter, The Harbor Light. The Wellness and Programming team is always looking to feature individual wellness stories.

**If interested, please call Ext. 377.**



## PROGRAMMING

Our experienced programming team schedules a wide variety of on- and off-site programs and entertainment, as well as special educational opportunities, in addition to:

- Maintaining a Master Calendar of Events for happenings at Plymouth Harbor and beyond
- Maintaining the Room Use Calendar for regularly used common areas such as Hobson Hall, the Mezzanine, Club Room, Callahan Center Conference Room, Mezzanine Conference Room, etc.
- Programming, scheduling and maintaining events within Wellzesta Life, our in-house digital communications platform
- Assisting residents with ordering or exchanging tickets to local events





## SPA ON THE BAY

We offer three full-service beauty salons equipped to provide top-notch, professional services. These include the Tower Salon, Smith Care Center Salon and the recently updated Seaside Salon. All three salons provide services to both men and women, offering hair and nail procedures and treatments, with plans to expand offerings soon. **To schedule an appointment, call Ext. 254 (Tower Salon), Ext. 393 (Seaside Salon) or Ext.164 (SCC Salon).**

You can also request salon appointments via the Wellzesta platform. For your convenience, charges can be included in your monthly billing statement.

## SPA SERVICES INCLUDE:

- Men's and Women's Hair (Cuts, Perms, Shampoo, Styling, Coloring)
- Nails (Manicures, Pedicures - Full, Mini and Gel Options)
- Waxing (Eyebrows, Lip, Chin, Eyebrow Tweezer Only)

**For a full list of services and prices, visit [Life.Wellzesta.com](https://Life.Wellzesta.com)**



## GROUP FITNESS CLASSES

### ***Aqua Fit — Level 2\****

This class offers a variety of endurance exercises and strength-training movements, all while challenging your mind-body dialogue as you work on improving range of motion, flexibility, core power and stamina. Part of this class will be taught in deep water; enjoy a reduction in joint stress as you wear a flotation belt and improve your cardio.

### ***Aqua Joint & Muscle Fitness — Level 1\****

In the safety and warmth of the indoor therapy pool, this class improves balance, muscle awareness and joint awareness. Specific exercises developed by the Arthritis Foundation focus on your joints from your head to your toes.

### ***Aqua Stretch & Strengthen — Level 1\****

Developed through the Arthritis Foundation, this class features gentle strength and conditioning for both upper and lower body in an effort to expand the body's range of motion and flexibility.

### ***Better Balance — Level 1-3***

This preventive class incorporates static and dynamic balance exercises for all levels. Challenge your inner ear while working to maintain or improve hand-eye coordination and confidence in personal stability. Closed-toe shoes recommended but not required.

### ***Body Moves — Level 1***

This chair-based class exercises the mind and muscles to improve strength and muscle memory. Total body movements are incorporated at a gentle pace.

### ***Chair Yoga — Level 1-2***

This seated Yoga class is perfect for those who require a chair-based class with Yoga movements to improve flexibility and strength.

### ***Pilates Fusion — Level 3***

Experience a unique total body workout focused on strengthening your core to bring stability and power to movements. Individuals must have the ability to get up and down from the floor independently for this class.

*\*Water shoes are recommended, but not required, for all Aqua classes.*



### ***Sit Fit — Level 1-2***

This popular class combines both seated and standing exercises using bands and weights to improve muscular strength, endurance, balance and flexibility.

### ***Sit Fit & Fun — Level 2***

This intermediate hybrid class combines balance training, seated or standing strength exercises and stretching. Perfect for someone looking for a bit more challenge than the regular Sit Fit class but with a similar cadence.

### ***Strength & Stretch — Level 2-3***

This class is non-cardio based and will focus on functional strength training, improving flexibility, range of motion and balance. Individuals will use a combination of weights and resistance bands for this workout. Most exercises will be in a standing position.

### ***Tai Chi — Level 1-3***

Challenge yourself mentally, physically and spiritually to improve balance, posture, strength, breath and focus.

### ***Tap Dancing — Level 2-3***

This class will enhance endurance, as well as balance and coordination, in an upbeat environment. Tap shoes are recommended but not required.

### ***Total Fitness — Level 3***

This advanced class offers both standing and floor strength-training exercises, static and dynamic balance exercises, cardio and stretching. Individuals must have the ability to get up and down from the floor independently for this class.

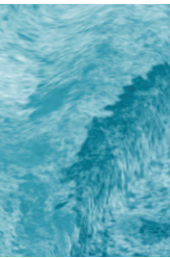
### ***Walk This Way — Level 1-3\****

This aqua class is for anyone concerned with balance and the fear of falling. It is focused on body movement through walks for balance, which improves mind-body dialogue.

### ***Yoga — Level 1-3***

This restorative class combines breathing techniques and gentle movements to improve postural awareness, balance and flexibility while decreasing stress. Participants improve their joint mobility and reduce pain and stiffness.





**MAKE WELLNESS PART OF EVERY DAY  
AT PLYMOUTH HARBOR!**

**Wellness & Programming Department Director: *Ext. 377***

**Health & Fitness Specialists: *Ext. 350 and/or 241***

**Programming & Event Coordinator: *Ext. 252***

**Salon Manager: *Ext. 254***



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***plymouthharbor.org***



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