



The EverFit Club

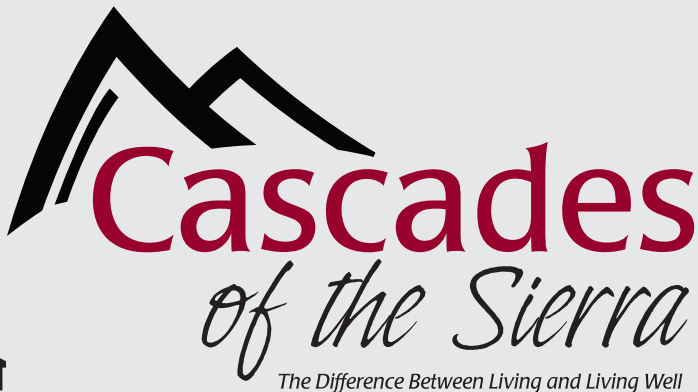
Fitness *Designed* Specifically for Seniors

The EverFit Club views good physical health as a lifelong commitment to Everlasting Fitness – that’s why we named our club EverFit. For some individuals fitness has always been a part of their lives, for others fitness becomes more important as they deal with the stresses of their aging bodies. The goal of The EverFit Club is to help seniors embrace an active lifestyle and in doing so improve and strengthen their hearts, bodies and balance. Fitness can involve an array of activities, from working in the garden to walking a mile each morning – what matters is that you are moving. The EverFit Club has fitness programs for retirement living, assisted living and memory care residents.

The EverFit Club has multiple opportunities to help residents embrace an active lifestyle, including:

- Strength and Balance Classes
- Aquatic Fitness
- Walking Programs
- Recreational Sports (golf, skiing, swimming, bocce ball, volleyball)
- Tai Chi
- Low Impact Aerobics
- Chair Aerobics
- Dance Classes (ballroom and line dancing)
- Boot Camps
- Cardio Conditioning
- President’s Challenge

In addition, The EverFit Club offers state-of-the-art fitness equipment to meet all residents’ rehabilitation and fitness needs. Our fitness staff will work with residents one-on-one to train them on the equipment at scheduled times. Personal trainers are also available to help residents develop a workout regimen that is specific to their lifestyle. Regardless of a resident’s current fitness level, The EverFit Club will help him/her establish and meet his/her goals. We invite you to participate with us!



775-424-5400

100 Neighborhood Way • Spanish Springs, NV 89441
Adjacent to the future home of Renown Health.

www.cascadesofthesierra.com

Retirement Living • Assisted Living • Memory Care

