



“Fit for Life” Fitness Center

The fitness center has
State of the Art Equipment



Cardio Equipment:

Treadmills

- * Improves Heart Health
- * Lowers blood pressure
- * Decrease body fat
- * Control cholesterol levels



NuStep Machines

- * Provides a Total-body workout
- * Increase flexibility
- * Increase range of motion
- * Retain muscle mass



Elliptical Trainers

- * Low impact workout
- * Less stress on joints
- * Increases metabolism
- * Works the whole body



Recumbent Bike

- * Good for low back issues
- * Promotes healthy circulation
- * Strengthen lower body



To Join the Fit for Life Fitness Center you MUST:

- ◇ Be a South Windsor Resident
- ◇ Be 55 years of age or older
- ◇ Have a medical clearance form signed by your physician

Resistance Training

Equipment:

- Lat Press
- Shoulder Press
- Bicep/Tricep extension
- Medicine Balls
- Seated Leg extension/Leg curl
- Incline Weight Bench
- Dumbbells

VOLUNTEERS

NEEDED!

2 hours / week: FREE membership

4 hours / month: \$40 annual
membership fee

*Please contact Susan 860-648-6361
x339 if you are interested!!!*

COST for a membership:

\$30 for 3-months

\$50 for 6-months

\$75 for 1 year

If you have an annual exercise membership the fitness center is INCLUDED!

Group Orientations will be held by appointment with Susan Gouin, Certified Medical Exercise Specialist. She will teach you how to use the equipment as well as design a program for you to follow in the fitness center.

