

## Welcome to the Senior Fitness Center!

We are located in the Northampton Council on Aging and Senior Center at 67 Conz Street.

Our facility is brand new and features top-of-the-line Matrix equipment. We are proud to offer a variety of exercise options to serve a range of abilities in both strength and cardio equipment.

Our Fitness Coordinators will provide an initial assessment and interview to set you up on a program that is in accordance with your health and fitness goals. The Fitness Coordinators are on duty throughout our open hours to assist and answer your questions.

You will exercise in a non-competitive atmosphere where you progress at your own rate, enjoying the company of others, many who share the same goals.

## Fitness Center Fees

### **Northampton Senior (60+)**

Membership Fee: \$30 per month or \$360 for 12 months. If full year is paid in advance, the last month is free for a total of \$330.

### **Northampton Participant (55-59)**

Membership Fee: \$40 per month or \$480 for 12 months. If full year is paid in advance, the last month is free for a total of \$440.

### **Non-Northampton Senior (60+)**

Membership Fee: \$40 per month  
Limited memberships available.

Northampton members turning 60 during their membership will be enrolled at the senior price for those months following their birthday and at the participant rate for the months prior to their birthday.



### **Wheelchair accessible ergometer**

## Meet our Fitness Coordinators




**Laura McLain**

Laura and Helen will explain and guide you through your weight and cardio strengthening program.

Each member receives an individual assessment to determine the best route to reach their personal goals. Our Fitness Coordinators will encourage and motivate you while ensuring your exercises are performed in a safe and effective manner.



**Helen  
Roman-Walters**



## Listen to what our Fitness Center members are saying:

### **Carol:**

“In one month you can definitely see improvement. Things are bending where they should. The Fitness Coordinator is personable and makes the experience less intimidating.”

### **Rich:**

“I enjoy the atmosphere. I love the lack of heavy metal and hard rock music that drove me from other facilities.”

### **June:**

“The Fitness Coordinators are very encouraging and understanding. I don't hurt as much as I used to (since joining). I've learned to overcome the fear of having pain. I recommend the Fitness Center to everyone.”

## Exercise Benefits

The benefits of regular exercise have been well documented. A regular program of weight training (3 times per week) and cardio-respiratory training (most days) will benefit people of all abilities, from the physically active to the wheelchair-bound and frail elderly.

These benefits include:

- **Decreased risk of osteoporosis**
- **Improves blood cholesterol profiles**
- **Lowers blood pressure**
- **Improves ratio of lean to fat body mass**
- **Core muscle strength improves balance**
- **Improves circulation**
- **Reduces stress**
- **Improves outlook**
- **Increases opportunity for socialization**
- **Weight loss**



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[www.northampton seniors.com](http://www.northampton seniors.com)

# The Senior Fitness Center

- **New Matrix Cardio and Weight Training Equipment.**
- **Fitness Coordinators on duty mornings and afternoons.**
- **Available to Northampton Seniors (60+), Northampton Participants (55-59) and Non-Northampton Seniors (60+)**
- **Workout in the company of your peers.**
- **Open Monday to Friday from 8:30 a.m. to 4:00 p.m.**