

Fountain View opens fitness facilities

55-plus local citizens can get workouts

Fountain View Village, a senior lifestyle community, is opening its doors to town residents 55 years and older.

Couples married for 50 years or longer are invited to an anniversary celebration at 11:30 a.m., Tuesday, June 29. They will be treated to a gourmet lunch prepared by the new executive chef Matt Hastings.

Interested guests should contact Fountain View Village, 836-5000, before Tuesday, June 22.

Rebecca Quinn, director of sales and marketing, said inquiries from

town residents prompted Fountain View Village to open its fitness club and swimming pool to town residents.

For \$35 a month, an individual has access to exercise equipment especially designed with seniors in mind and participate in fitness classes. Members have full access to the fitness equipment, pool and spa in addition to the



Fountain View Village fitness class led by Candace Moore is now open to any town resident 55 years or older for a monthly \$35 fee.



Fitness Club membership includes use of the pool and spa, and participation in aquatic fitness sessions.

classes.

There is no membership contract to sign; individuals can “pay as they go”, said Quinn.

Fitness instructor Candace Moore, a recent hire, previously led Silver Sneakers exercise classes. Moore also teaches aquatic fitness and coaches one-on-one.

Beginning in July, Dr. Helene Cooner of Cooner Wellness will teach a Coonchi class once a month. Coonchi is an exercise sequence taught in a group or one-on-one based on the needs of the people being taught. The movements are derived from tai chi, chi kung and several martial art forms.

Fitness club members also can attend the showing of movies in the theater. A new feature on Fridays will be a \$5 lunch and movie.

Fitness Club members can attend Happy Hours and scheduled special events, said Quinn. For more information or a tour of the amenities, contact her at 836-5081.

Fountain View Village, 16455 E. Avenue of the Fountains, provides a campus of care that includes independent and assisted living as well as skilled nursing. Care is available on an annual rental lease with no buy-in fees.