

Turnstone's health and wellness center is a network of people, programs, and services that work together to create and support independence as well as overall health and wellness to our members. The amenities to our health and wellness center include an accessible fitness facility, 230 meter indoor track, warm water therapy pool, and group exercise programs. The programs are planned, coordinated and provided by a fitness specialist. Initial paperwork will be completed before starting any of the listed programs.

To register for a program you must contact Turnstone's receptionist by visiting them at either of our main desks (Peds, ADS, Plassman) or by calling 483-2100. Payment due upon registration.

Hours of Operation:

Fitness

The fitness center features fully accessible strength training equipment, free weights, and numerous cardiovascular machines including standard and recumbent equipment.

| Days | Times |
|------------------|------------------|
| Monday- Thursday | 7:30 a.m.-8 p.m. |
| Friday | 7:30 a.m.-5 p.m. |
| Saturday | 9 a.m.-2 p.m. |

Warm Water Therapeutic Pool

The 90-degree pool is equipped with a chair lift, wheelchair ramp, hand rails, an underwater bench with whirlpool jets, and numerous pieces of exercise equipment.

| Days | Times |
|-----------------|------------------|
| Monday-Thursday | 8 a.m.-7:30 p.m. |
| Friday | 8 a.m.-4:30 p.m. |
| Saturday | 9 a.m.-1:30 p.m. |

Personal Fitness Training Fees

Prefer to have one-on-one instruction with some extra encouragement? Members have the opportunity to purchase personal training sessions with a Certified Inclusive Fitness Trainer for the pool or fitness facility.

| Rates: | Bigger Packages Available: |
|-----------------------------|----------------------------|
| -\$45/1 hour | -\$420/12 1-hour sessions |
| -\$23/30 minutes | -\$210/12 30-min sessions |
| -\$200/5 1-hour sessions | -\$670/20 1-hour sessions |
| -\$100/5 30-minute sessions | -\$335/20 30-min sessions |

Aqua-Zen

Need a relaxing and calming experience? A low intensity session concentrating on improving balance, range of motion, and strength through adaptations of Tai Chi, Yoga, and balance exercises.

| Day | Time | Fee: Member | Non-member |
|-----------------------|----------------|-------------|------------|
| Tuesday | 5:45-6:30 p.m. | \$20/mon | \$40/mon |
| Dual Class Membership | | \$45/mon | \$65/mon |

FREE 1x trial available. Contact Joe Guise for additional information at 483-2100 ext. 340.

Location: Plassman Athletic Center Pool

Membership Fees

Enjoy the facility and opportunities that are offered by becoming a member. Evaluation and additional fee will be conducted for new members. **Includes use of track.*

| Program | Price: | Month | Annually |
|---------------------------------------|------------------------------------|-------|----------|
| Fitness or Pool | | \$30 | \$300 |
| Both | | \$35 | \$350 |
| Silver Sneakers | covered by Medicare Advantage Plan | | |
| Plus Companion (age 18+) | | \$55 | \$550 |
| Family (2 adults & children under 21) | | \$75 | \$750 |

*For more information, ask to speak with a fitness specialist.

Aqua-cise

A moderate intensity exercise routine designed to improve daily function and strength. Perfect for recovering from orthopedic surgeries, living with arthritis, or fibromyalgia.

| Day | Time | Fee: Member | Non-member |
|---|---------------|-------------|------------|
| Mon, Wed, Fri | 1:30-2:30p.m. | \$35/mon | \$55/mon |
| Dual Class Membership (Aqua-cise & Aqua-Zen) | | \$45/mon | \$65/mon |

FREE 1x trial available. Contact Amber Goldman for additional information at 483-2100 ext. 345.

Location: Plassman Athletic Center Pool

Creating Possibilities

www.turnstone.org

SilverSneakers Classic

SilverSneakers Classic is a group class designed to help silver sneakers members and non-silver sneakers members improve both health and skill related fitness components. Participants will engage in exercises to promote cardiovascular endurance, muscular strength & endurance, flexibility, and body composition.

| Day | Time | Fee |
|---------|----------------------|-----------|
| Mon/Wed | 9:30 a.m.-10:15 a.m. | See below |

SilverSneakers Membership: Free! Covered by Medicare Advantage Plan

Turnstone Member: 2 classes/week for \$25/month

Non-Turnstone Member: 2 classes/week for \$35/month

Please contact Kelsey Church for additional information at 483-2100 ext. 352.

Location: Group Fitness Room in Plassman Athletic Center



SilverSneakers Splash

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.

| Day | Time | Fee |
|-------|----------------------|-----------|
| Thurs | 9:30 a.m.-10:15 a.m. | See below |

SilverSneakers Membership: Free! Covered by Medicare Advantage Plan

Turnstone Member: 1 class/week for \$20/month

Non-Turnstone Member: 1 class/week for \$40/month

Please contact Amber Goldman for additional information at 483-2100 ext. 345.

Location: Plassman Athletic Center Pool

Lap Club

Ripple some waves with youth that are wanting to enhance independence and function in an aquatic environment with the support and encouragement from peers. Participants are divided into groups based off of their age and skill level.

| Date | Day | Time | Age | Fee |
|----------|------|---------------|-----|------|
| 3/27-5/8 | Tues | 4:15-5:00p.m. | 1-5 | \$50 |

Course: 218HW-02

Please contact Joe Guise for additional information at 483-2100 ext. 340.

Location: Turnstone Therapy Pool

| Date | Day | Time | Age | Fee |
|-----------|-----|---------------|------|------|
| 3/19-4/30 | Mon | 5:00-6:00p.m. | 5-18 | \$50 |

Course: 218HW-03

| | | | | |
|----------|-----|---------------|------|------|
| 5/14-7/2 | Mon | 5:00-6:00p.m. | 5-18 | \$50 |
|----------|-----|---------------|------|------|

Course: 218HW-04

Please contact Kelsey Church for additional information at 483-2100 ext. 352.

Location: Plassman Athletic Center Pool

Parkinson's Exercise & Speech Group

A class designed for individuals with Parkinson's disease. The exercise based session, taught by a fitness specialist, is designed to engage and strengthen the entire body as well as maintain coordination and balance. The speech session focuses on individuals with difficulties in the areas of voice, swallowing, and memory/cognition (thinking) taught by Turnstone Speech Pathologists.

| Day | Time | Fee |
|-------------------------------|-----------------------|----------|
| Speech Class: | | |
| Wed | 9:30 a.m.-10:15 a.m. | \$20/mon |
| Exercise class: | | |
| Mon, Wed | 10:30 a.m.-11:30 a.m. | \$20/mon |
| Dual class membership: | | \$40/mon |

FREE 1x trial available.

Location: Group Fitness Room in Plassman Athletic Center

Parkinson's Caregiver Support Group: The group meets during the Wednesday exercise group time in the main conference room.

Please contact Zach Lothamer for additional information at 483-2100 ext. 344.

Healthy Minds Healthy Bodies

Designed to help veterans and members of the Armed Forces with disabilities meet their health and fitness goals as well as explore sports and recreation opportunities while engaging with other veterans at monthly socials.

| Date | Day | Time | Age | Fee |
|--------------|--------------------|----------------|----------|------|
| April 20-22* | Friday thru Sunday | | All ages | Free |
| May 18th | Friday | 5:30-7:30 p.m. | 18+ | Free |
| June TBD | Friday | 5:30-7:30 p.m. | 18+ | Free |

*Endeavor Games weekend. Veterans are encouraged to come spectate and are more than welcome to participate in a variety of athletic competitions. Check out the Sports & Recreation newsletter for more details.

Location: Plassman Athletic Center at Turnstone



SRT Walking Clinic

WALK, RUN, JUMP! Provided by SRT for individuals with lower extremity amputations who are interested in learning strengthening exercises and balance techniques or that may be experiencing similar difficulties with their amputations.

| Date | Day | Time | Age | Fee |
|------------|-----|---------------|-----|------|
| April 18th | Wed | 6:30-8:30p.m. | Any | Free |

Location: Fitness Center in Plassman Athletic Center at Turnstone



Krank Cycle Cardio

A new spin on cardio! This class is designed for participants interested in improving cardiovascular strength and endurance. Led by a group instructor, participants will utilize recumbent steppers and upper-body krank cycle to incorporate all ability levels during a 45 minute class session.

Krank Cycle Course Membership:

Monday afternoons from 3-3:45 p.m. for \$30/month

Please contact Emilee Stemmler at 483-2100 ext. 290 for additional information.



High Performance Sports Training

A variety of elite training sessions for athletes or clients seeking high intensity strength and cardiovascular exercises led by our fitness staff. The sessions will provide complex training programs that target critical components to athletic success: strength, speed, agility, power, and flexibility.

Please contact EJ Whitney for additional information at 483-2100 ext. 277.

Fort Wayne Amputee Support Group

Join with fellow amputees for support, education, inspiration, and a chance to build new friendships. Friends and family are always welcome! For additional information contact one of the group members: Bill Bailey at 431-7290, Carl Didier at 515-7999, Kent Turnbow at 348-2154, or Lloyd Kirkpatrick at 403-9794.

| Date | Day | Time | Age | Fee |
|-------|-----|---------------|-----|------|
| 4/18* | Wed | 5:30-6:30p.m. | Any | Free |
| 5/23 | Wed | 7:00-8:30p.m. | Any | Free |
| 6/27 | Wed | 7:00-8:30p.m. | Any | Free |

*Prior to SRT Walking Clinic

Location: Main Conference Room at Turnstone

If you have any questions about these programs, please feel free to contact a fitness specialist at 483-2100.

Fort 4 Fitness Training: Team Turnstone

Calling all walkers, joggers, runners, and rollers! Get ready for the annual Fort 4 Fitness by joining Team Turnstone and letting us help you prepare for your race of choice. A unified team supporting and creating awareness for Turnstone while training at various community parks.

Dates: May 15 to September 13 Fee: \$55 (includes shirt)

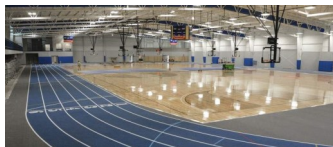
Tuesday/Thursday: 9-11 a.m. Course: 218HW-01

Wednesday: 5:30-7:30 p.m.



Open Track Program

Run, walk, or push! Turnstone's six-lane indoor 230-meter track is available year round for your fitness needs. Track your distance or leisurely walk with other members. Six laps around the track equals one mile.



To participate, complete a waiver, and sign in at the main desk each time you arrive.

Open Track Hours:

Monday-Friday 6:00 a.m. to 3 p.m.

**Schedule availability at fieldhouse entrance.*

Open Track Fees:

Individuals: \$5/drop-in or \$25/month (includes shower & locker usage)

Businesses: \$25/employee up to \$250 per month for 1-20 employees per organization (includes shower and locker usage)

Please contact Michelle Kimpel for additional information at 483-2100 ext. 283.

We Are Here To Help

Social service coordination is provided to all Turnstone clients at no charge. Social workers will assess client and family needs, coordinate services, help develop care plans, identify funding options, and assist in application processes.

For more information: Kathy Baer, Director of Social Services 483-2100 ext. 233 kathy@turnstone.org

Rentals & Outside Groups

Be on the look out! Turnstone has partnered with a few organizations in the community, including Easter Seals ARC of Northeast Indiana, Fort Wayne Parks and Recreation, Indiana Tech, and more! Members may notice these groups utilizing the facility on the track, basketball courts, and heated therapy pool.

Be sure to check Health and Wellness schedules for updated programming and times for outside organizations.

Upcoming Facility Closures:

-April 26 Staff Retreat

-May 28th Memorial Day

Location: Plassman Athletic Center Fieldhouse, Plassman Pool, and Large Group Fitness Room

Events

-Giving Back Fort Wayne Volunteer Fair: 4th Annual Giving Back Fort Wayne Volunteer Fair on Thursday, April 12, 2018 at Turnstone from 3-7 p.m.

-Turnstone Bike Fusion: Friday, May 4 From 5-9 P.M. in the Plassman Athletic Center At Turnstone!

-Turnstone Friends & Family Picnic: Tuesday, May 15th from 4-6:30 p.m. Please RSVP with Sandy Holland at 483-2100 ext. 294. Up to 3 guests are permitted.

-17th Annual Board of Director's Gala: Takes place on Thursday, June 14th.

Winter Olympics-Client Initiative SHOUT OUT!

Congratulations to the clients that participated in our Winter Olympics themed fitness challenge! The fitness staff awarded participants bronze, silver, gold, and mega gold medals based on their achievements through laps on the track and mileage on the cardiovascular equipment. It has been a pleasure to witness the friendly competition and accomplishments of the clients!

