



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.

Membership Fees

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

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

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, Thur	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

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



NEW! 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.

Training Sessions: Track & Field

Tuesday evenings from 5:30-6:00p.m. *Please note: only in conjunction with track & field practices*

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

Location: Goalball Strength & Conditioning Room in the Goalball Center of Excellence, and Fitness Center

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
August*	Friday	5:00-7:00 p.m.	18+	Free
September*	Friday	5:30-7:30 p.m.	18+	Free

*Dates to be announced. Please call for information.

Location: Plassman Athletic Center at Turnstone

NEW! SilverSneakers

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
Tues/Thurs	9:30 a.m.-10:15 a.m.	See below

Silver Sneaker Membership: Covered by Medicare Advantage Plan

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

Please contact Lexi Olinske for additional information at 483-2100 ext. 339.

Location: Group Fitness Room in Plassman Athletic Center

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
8/21-10/2	Tues	4:15-5:00p.m.	1-5	\$50

Please contact Dyan Armstrong for additional information at 483-2100 ext. 272.

Location: Turnstone Therapy Pool

Date	Day	Time	Age	Fee
7/10-8/21	Mon	5:00-6:00p.m.	6-18	\$50
9/11-10/23	Mon	5:00-6:00 p.m.	6-18	\$50

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 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
<u>Exercise class:</u>		
Mon, Wed	10:30 a.m.-11:30 a.m.	\$20/mon
<u>Speech Class:</u>		
Mon, Wed	9:30 a.m.-10:15 a.m.	\$40/mon
<u>Dual class membership:</u>		\$60/mon

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

Location: Group Fitness Room in Plassman Athletic Center

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



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
7/19	Wed	6:30-8:30p.m.	Any	Free

Location: Fitness Center in Plassman Athletic Center at Turnstone

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
*7/19	Wed	5:30-6:30p.m.	Any	Free
8/23	Wed	7:00-8:30p.m.	Any	Free
9/27	Wed	7:00-8:30p.m.	Any	Free

*Prior to SRT Walking Clinic

Location: Turnstone Auditorium

NEW! 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.

Location: Group Fitness Cardio Room in the Plassman Athletic Center

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

Easter Seals ARC

Turnstone has partnered with the Easter Seals ARC organization to provide recreational, fitness, and aquatic activities for individuals with intellectual disabilities. You can catch the groups riding around on recumbent bicycles, performing group exercise regimens, or even making waves in our heated therapy pool.

Dream Teens: Monday-Thursday from 12:30-2:00 p.m.

For additional information about programs for individuals, please contact Rio James at 483-2100 ext. 363.

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

NEW! Youth Fit

An opportunity for youth clients to participate in group workouts created and led by one of our Fitness Specialists and Sports & Recreation staff. Classes include a variety of sports, obstacle courses, team games, and cardiovascular exercises. Siblings and/or friends can join with the client.

2x/week for 2 weeks

Date	Time	Ages	Fee
7/11, 7/13, 7/18, 7/20	Tues/Thurs	5-6p.m.	5-8, 9-13 \$40

Register with Emilee Stemmler by July 10, 2017 at ext. 290.

Location: Plassman Athletic Center at Turnstone, Fieldhouse

NEW! 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. By raising \$45 in pledges for Turnstone, you will receive a Team Turnstone shirt

Training Sessions:

Date	Days	Time	Ages	Fee
May 30-Sept 21	Tues/Thurs Wednesday	9-11 a.m. 5:30-7:30 p.m.	Any	\$55

Pasta Dinner: Evening of September 29th

Race Day: September 30, 2017

Location: Rotation between Foster, Shoaff, Soloman Farms, and Kreager Park