



## Welcome to Your Fitness Center

The Fitness Center is open 24 hours a day, but we strongly recommend that you exercise during the following times when it is staffed by a Fitness Professional:

Monday – Friday

10:00 am – 12:00 noon

Monday, Tuesday, Thursday, Friday

1:00 pm – 3:00 pm

Our professional staff will show you how to use the equipment and help you to plan a workout routine.

Please call Claire Behrens at 703-277-3550, ext. 5290 to schedule a fitness assessment and to fill out required forms before participating in our programs.



## Meet Our Team



**Claire Behrens**  
***Fitness Manager***

Claire is certified with the American Council on Exercise as a Personal Trainer, Group Fitness Instructor and Lifestyle and Weight Management Coach. She is also a certified Arthritis Foundation Exercise Program Instructor. She graduated from Cardiff University in Wales, UK, and the Royal College of Music in London. Since 1991, Claire has dedicated herself to helping individuals improve their health.



**Elizabeth Aremu**  
***Fitness Specialist***

Elizabeth graduated from Virginia Commonwealth University with a Bachelor's degree in Interdisciplinary Studies and Concentration in Rehabilitation Sciences. She is a Certified Arthritis Foundation Exercise Program Instructor, a Tai Chi for

Arthritis Instructor and a Certified Senior Personal Trainer.



**Gale Brock**  
***Yoga Instructor***

Gale Brock has been doing yoga since she was a college student.

She's a certified yoga instructor and a nationally Registered Yoga Teacher with the Yoga Alliance. Her specialty is teaching specialized populations of the elderly and those with Special Needs.

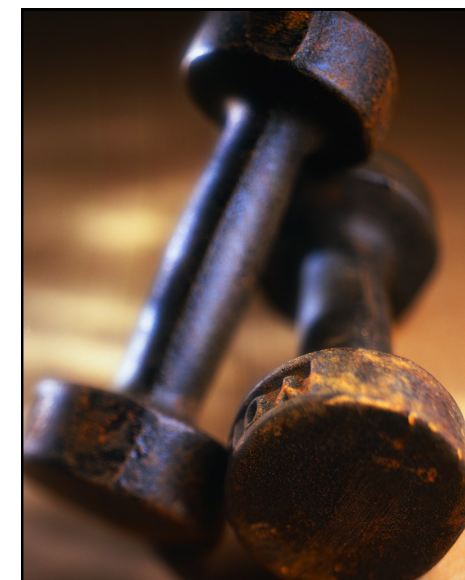


**Lisa Girdy**  
***Dance for Parkinson's***

Lisa has been a dance educator for over 30 years, and owns her own studio, the Free to Dance Foundation. She has a BFA in Dance from George Mason University and has trained with both the Mark Morris Dance Company and the Brooklyn Parkinson's Group in New York.



## Fitness Center Services



9229 Arlington Boulevard  
Fairfax, VA 22031  
703-385-0555  
Fax: 703-591-9368  
[www.thevirginian.org](http://www.thevirginian.org)

A Continuing Care Retirement Community



## Fitness Classes at The Virginian




### It's never too late to exercise . . .

*"Life doesn't begin at 80. But the good news is that—even after reaching that milestone—it can get better."*

*-Laura Thorp, Researcher*

With regular physical activity in older age, you will see improvements in:

- Balance
  - Muscular Strength
  - Muscular Endurance
  - Cardiovascular Endurance
  - Flexibility
  - Gait
  - Blood Pressure
  - Bone Density
  - Mental Health
- 

*All classes in Assembly Room unless otherwise noted.*

### **Fitness Video**

9:00am–9:30am Mon.–Fri.

Get fit with overall body exercises using weights and/or wooden dowels.

### **Balance/Fall Prevention**

9:30am–10:00am Mon. & Fri.

Perform exercises that will improve your balance and prevent falls.

### **Upper Body/Core**

#### **Strengthening**

9:30am–10:00am Tuesday

Improve upper body strength and develop strong core muscles.

### **Lower Body/Core**

#### **Strengthening**

9:30am–10:00am Wednesday

Improve lower body strength and develop strong core muscles.

### **Stretching**

9:30am–10:00am Thursday

Body stretches designed to improve flexibility and mobility, improve posture, promote relaxation and reduce stress.

### **Arthritis Exercise**

10:15am–11:00am Tues. & Thurs.

This specialized class uses gentle, practical activities to improve joint range of motion and muscle strength.

### **Yoga**

11:00am–12:00pm Tuesday

4<sup>th</sup> Floor Lounge

Yoga is the gentlest of arts that includes postures, breathing exercises and meditation.

*We welcome participants from the community to join in our classes. Please call Claire at 703-277-0555, ext. 5290 for more information.*

### **Tai Chi for Health**

1:30pm–2:00pm Wednesday

4th Floor Lounge

Tai Chi is a traditional form of Chinese art involving gentle low-impact movement. Benefits of Tai Chi include increased in mobility, flexibility, relaxation and much more!! *(Begins October 26, 2011)*

### **Dance for Parkinson's**

11:00am–12:00pm Wednesday

Come dance to the rhythm of your heart! No dance experience necessary.

### **Memory Fitness**

1:00pm–1:30pm Friday

3<sup>rd</sup> Floor Lounge

Enhance and stimulate your memory with games and brain teasers!

*New Class Participants: Please arrive 10 minutes prior to class.*