

Thrive 55+ Active Living Center

“Fit After 55” Fitness Room

Welcome to Thrive 55+ Active Living Center’s Fitness Room! The Equipment consists of Schwinn stationary bicycles and airdynes, cardio glides, a recumbent bicycle, treadmills for walking and a resistance training circuit. This is a **NON-MONITORED exercise area and prior permission must be obtained for equipment use. Thrive 55+ reserves the right to refuse a person from using the fitness center for safety and/or health reasons. An individual must be able to safely operate fitness equipment independently without the assistance of an aid as determined by Thrive 55+ Personal Trainer.**

What you will need:

1. **Physician’s Clearance** - Your physician must sign the clearance form. If you have any known medical conditions, and are being treated for that condition by a specialist other than your primary physician; your specialist will also need to give medical clearance. You would also need a separate physician’s clearance if you have had a joint replacement within the past year.

If you start our fitness program and become hospitalized, or any changes occur in your health, we do request an updated Physician’s Clearance.

- A.) Return the completed Physician’s Clearance to Thrive 55+ Active Living Center. This can be done via fax, mail or hand delivery.
- B.) Our certified personal trainer will then call you at your home to schedule your fitness training appointments.
2. The personal trainer will instruct you to use the equipment properly, and how to monitor yourself safely. This includes warning signs for any negative symptoms. Because this is a non-monitored fitness area, you must go through these fitness appointments with the trainer prior to using the equipment on your own.
 - A.) The personal trainer will take a brief medical history so that we can customize a program for you according to your needs.
 - B.) You will be instructed how to monitor yourself, using the Talk Test, Rate of Perceived Exertion, and Heart Rate Check.
 - C.) You will be shown how to use the Cardio equipment; treadmills, stationary bikes and cardio glide, traditional elliptical and recumbent elliptical (this is done at the second and third appointments.)
 - D.) You will then be scheduled for sessions on the resistance training circuit.

Annual Pricing: Remember fees are subject to change at any time.

Initial Year:	Resident - \$82.00	Nonresident fee - \$92.00
Renewal Year:	Resident - \$72.00	Nonresident fee - \$82.00

OPEN TO GROTON RESIDENTS and NONRESIDENTS.

A letter from your Personal Trainer:

March 2023

Welcome to the "Fit After 55" Fitness Room! You are in exactly the right place if you are looking for a welcoming a peaceful place to focus on your body's wellness through movement. I'd like to personally welcome you and with that introduce myself. My name is Christina Palacios and I am your resident Personal Trainer and Fitness Instructor. I have had the privilege of teaching fitness classes here at Thrive 55 for many years and for the last two years I have been training all the members for our gym facility. It is my life's passion to help people learn how to create healthy bodies and stamina through a consistent and dedicated work out program.

My personal commitment to fitness and wellness has had me submerged in this industry for well over 25 years. I have worked in many different gym environments teaching a variety of practices. I am a NASM Certified Personal Trainer, AFFA Certified Fitness Instructor. I am also Silver Sneakers Certified and model my weekly fitness classes after the principles taught within that programming. Additionally, I have been certified in TRX, Spin Cycling, Senior Pilates and Yoga. I carry a certification through the Arthritis Foundation and use that to guide members in a vibrant walking program geared to help them feel their absolute best.

I am here to help you establish the most suitable routine that will enhance your lifestyle and create wellness, stamina and a feeling of accomplishment! I will teach you how to use the equipment with the proper form to experience the very best results. My goal is for each and every member to feel confident, successful and motivated each and every time they come for a workout. It is my job to help you find your starting point and progressions from there. Our relationship continues as your fitness journey continues; I am here for you, so feel free to reach out with any question you may have.

Here is what you can expect as a new member to the gym. A 1-hour appointment is set for us to get acquainted. We will spend some time going over your personal goals and review any limitations or concerns you may have. We will then spend some time in the gym reviewing the proper use of the equipment and get you started with a personal training chart to track your progress. If you are a returning member or simply need a refresh and review of the equipment, we can accommodate those needs as well.

To begin your journey here, please contact "Thrive 55" to schedule your appointment with me. I am available M/W/F afternoons, however will do my best to accommodate other dates and times as my schedule permits.

I look forward to meeting with you soon, keep in mind that there are many ways to benefit from my training. You can attend group fitness class that I teach weekly or you can choose to have me work with you one on one through "personal Training". Many packages are available to suit your needs. Again... my life's passion is to see client THRIVING! We can work together to have you feeling your best!

All my best!
Christina Palacios

Thrive 55+ Active Living Center
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Groton, CT 06340
(860) 441-6785
FAX (860) 441-6789
PHYSICIAN'S CLEARANCE

Dear Doctor;

Your patient, _____, has requested to use the Thrive 55+ Active Living Center's Cardio and/or Weight Resistance equipment.

The Cardio Equipment consists of **treadmills, stationary bikes, Schwinn Airdyne bikes, recumbent bike, Elliptimill elliptical trainer and Cardioglides.**

The Weight Machines are 8 different stations, that can be increased in weight and include **overhead shoulder press, chest press, lateral pull down, leg extensions, leg curls, leg press, triceps push down and bicep curls.**

Your patient will be instructed by the certified personal fitness instructor on how to use the equipment prior to use following ACSM standards and guidelines.

This is a NON-MONITORED fitness area.

Please list any restrictions, or weight limit your patient may have:

- Please check one: 1. Patient IS cleared for CARDIO and WEIGHT equipment. _____
2. Patient may only use CARDIO equipment. _____
3. Patient is NOT cleared for exercise. _____

Physician's Signature

Date

(Please print physician's name and address)

Name _____

Address _____

City _____

State _____

Zip _____

Telephone _____

PATIENT: Please fill out the following information before giving this form to the Physician.

Patient Name _____ Phone Number _____

Address _____