

Lives in Harmony



Cantata Fitness Center *For Active Adults*

Fitness, flexibility and fun are key to ensuring you get the most enjoyment and fulfillment out of your life. Cantata gives you the environment, resources and support to achieve your ideal level of activity.

**Fitness
Center**

Cantata
Adult Life Services

Your best life starts with a body that moves with ease and comfort.

Our Cantata Fitness Center is designed to help adults improve strength, balance, flexibility, cardiovascular and aerobic capacity and endurance. In this bright, inviting facility, you'll find specialized equipment and instruction that will contribute significantly to your overall fitness and sense of wellbeing.

Our highly qualified and Certified Fitness Trainers specialize in training adults with crucial exercises that are essential to healthful aging. With a shared focus on effective and measurable results, we can keep you moving well and help you prevent some of the common conditions that can result from inactivity.

Here's what a Fitness Center membership encompasses:

- Non-weight based fitness equipment which is gentler on joints
- Safety first with easier to operate equipment
- A personalized approach designed by a Certified Personal Trainer
- Focus on results as we provide you with computerized tracking of your machine use, and measurement of your goals
- Make adjustments according to your rate of progress with reassessment every 90 days



Personal Training

Whatever your fitness and wellness goals, we have the right Personal Training approach to meet your personal needs and aspirations.

- Functional Fitness Training
- Weight Loss Training
- General Health Training
- Balance and Flexibility Training
- Sports Performance Training

Our fitness services can be a central part of your rehabilitation following cardiac surgery, stroke, a broken bone or other medical circumstance. They also serve as a great option for those who are "prehabbing" to prepare for a surgical procedure.

Cantata Adult Life Services is an ensemble of interrelated, life-enhancing services delivered in concert by a staff of specialists in the promise and possibilities of life after 55.

- Fitness & Wellness
- At Home Care & Handymen
- Independent & Assisted Living
- Rehabilitation & Therapy
- Lifelong Learning

**Cantata**
Adult Life Services

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