

Our Community

PLACE
STAMP
HERE

Established in 2003 as a nonprofit fitness and community center, Friends of Community Fitness in Guilford's mission is to promote a healthy lifestyle through various forms of physical exercise, nutritional counsel, holistic health services and education for citizens of all ages and income levels. As a 501c3 we offer scholarship rates for those who are income eligible.

Community Service is alive and well and is displayed by the many hearts and smiles that have worked together to create and sustain Community Fitness. Stop by and see what like minds and many hands working together can accomplish.

**COMMUNITY
FITNESS**
FRIENDS OF
GUILFORD, MAINE

Fitness, Fun, and Friends; Activities for Seniors

**SilverSneakers classes,
Senior Recreation
Monthly Potluck Luncheons**



**FRIENDS OF
COMMUNITY
FITNESS**
GUILFORD, MAINE



SilverSneakers Classes

Classes are designed for older adults who wish to enjoy Fitness, Fun and Friends. We move to music through a variety of exercises, designed to increase strength, range of motion and balance, supporting activities for daily living. We use light weights, elastic tubes with handles and small balls for resistance. A chair is used for seated exercises and standing support. These classes are low impact training suitable for beginners to intermediate skill level and can be adapted to meet all fitness abilities. Class placement will be determined based on each member's needs, abilities and class size. Bring a bottle of water and wear comfortable clothing and footwear appropriate for exercise. Please come a few minutes early to gather provided equipment for each class so that we can begin on time.

Pre registration required call 876-4813

SilverSneakers Intermediate 9:30-10:15

SilverSneakers Basic 10:30-11

Silver Sneakers Basic 11:15-11:45

Mondays, Wednesdays, and Fridays

"I stand up from a chair or couch easier.

If I lose my balance I can catch myself much better than before.

Take a shower without having to have one hand on the grab bar!

Climb stairs easier.

Get out of bed easier.

Get in and out of the car easier.

Many more things have much improved because of SilverSneakers."

Senior Recreation Games and Activities

**Our Director of Senior Programs
Terri Kelley Palin is in the office
Mondays 7:30-9AM & 3-5:30 PM
and Fridays 7:30-9AM 876-4813**

Because of the present health concerns with the Covid virus we've put the activities on hold until safety allows.

Traditionally we offer classes of arts and crafts, board and card games and an ongoing puzzle in the Gathering Room.

Pickleball is available whenever the gym is free and a group likes to meet at at 9:15 on T & Th. for casual games.

Outside Activities: Museum visits, dinners at local restaurants, Peaks Kenney.....Meet at the fitness center and carpool. We do not provide transportation. We're a group of folks who meet and have some fun together. Follow our Facebook page "Community Fitness" and join our private Silver Sneakers group. This page is always up to date on offsite activities.

You do not need to be a member of ComFit to join these activities.

What would you like to do??



Potluck Luncheon on hold due to Covid

The first Wednesday of each month we offer a Community Pot-Luck Luncheon at 11:00 a.m. It's an opportunity for members and non-members to enjoy delicious food, have fun socializing and meet new friends. We'd love to have you join us.

Contact Us

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