

# Our Community

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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.*

## Quotes from our SilverSneakers and Healthy4Life participants:

"I stand up from a chair or couch easier."

"There's a lot of peer encouragement. I've increased my grip strength which has decreased tremors."

"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!"

"Get in and out of the car easier."

"Many more things have much improved because of SilverSneakers."

"I like it all and have a good time. I recently went up a flight of 14 steps, stronger and more stable. I use the cane less inside."

## Contact us!

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# Fitness, Fun, and Friends; Activities for Seniors

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## 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 10:30-11:15

Silver Sneakers Basic 11:30-12

Mondays, Wednesdays, & Fridays

## Corrective Exercise Training

Corrective Exercise Training is focused on correcting posture and movement alignment with the goal of decreasing chronic pain and faulty movement patterns. This is a one-on-one training program with an additional fee. **Call to preregister today!**



## Healthy4Life

Healthy4Life is a small group fitness program specifically geared towards community members that have health concerns that may hinder them from traditional exercise classes. These conditions may include heart disease, diabetes, obesity, cancer, joint replacement or a stroke. We use cardio equipment, such as a recumbent elliptical or bike, and light weights to gently work through a fitness program specific to each individual. This small group class celebrates successes together and encourage each other through their daily challenges.

Tuesdays & Thursdays 9:30-10:15

**\*Pre registration required call 876-4813**



## Volunteer!

Join other members and have fun helping at events such as fundraisers, parades and around the facility.

## Trips to Peaks Kenney & Offsite Outings:

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 Senior Programs group. This page is always up to date on off site activities.

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

Let us know what you like to do!



## Potluck Luncheon

The first Wednesday of each month we offer a Community Pot Luck Luncheon at 12:15pm. 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!

## Free Member Programs

Friends of Community Fitness offers free programs 6 days a week for members. These include Yoga, Pickleball, Tai Chi, group fitness classes and more! Check out our schedule of programs on our website, [www.comfitme.com](http://www.comfitme.com).