

Our Community

PLACE
STAMP
HERE

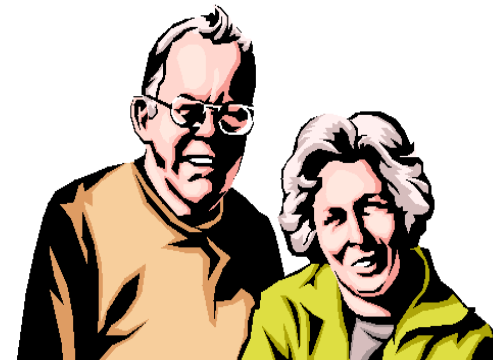
Established in 2003 as a nonprofit fitness and community center, Friends of Community Fitness in Guilford's mission is to promote a healthy lifestyle through various forms of physical exercise, nutritional counseling, holistic health services and education for citizens of all ages and income levels. 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**
GUILFORD, MAINE
FRIENDS OF

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.

SilverSneakers Intermediate 9:45-10:30

SilverSneakers Classic 11:00-11:45

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."

JKH

Senior Recreation * Games and Activities

Tuesdays: Game Day

Join us for card games, board games, Pickleball, Bocci Ball, chess, checkers.....whatever you'd like to play! Learn a new game and have some fun.

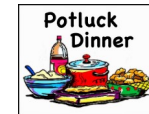


Thursdays: Activities Day

Knitting * Quilting * Felting * Crafts

Outside activities: Museum Visits, Dinners at local restaurants, Peaks Kenney, Meet at the fitness center and carpool. We do not provide transportation.

What would you like to do???



Potluck Luncheon

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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