

HEALTHWAYS SILVER SNEAKERS® & PRIME PROGRAMS

If you are 65 years of age or older, you may be eligible for Healthways SilverSneakers® Program. Eligibility is based on enrollment in Medicare and allowance from your secondary health insurer.

We are also an authorized site for PRIME members as well. All SilverSneakers and Prime Health members must complete proper paperwork at the front desk before using the facility. It's fast and easy to do.

****Blood Pressure Screenings****

3rd Wednesday of every month

9:30-10:30am

Sponsored by Brighton Gardens

4th Monday of each month

6:00-8:00pm

Sponsored by St. John Medical Center

Personal Trainers

The Westlake Recreation Center offers excellent personal trainers to our members. Prices could fluctuate with purchase of packaged sessions. Contact one of the trainers and get started today. All trainers currently possess up-to-date certifications and signed contracts with the City of Westlake (*members are not permitted to bring in their own personal trainers*).

Fit By Jake: 440.670.1531

- *Jake Barb
- *Rachael Stafford
- *Tracy Aquilla
- *Christine Frey

The Restructuring Zone: 216.375.8946

- *Tom Roso

Official Fitness Pro: 440-333-5365

- *Breen Coughlin
- *Jeremy Dancy
- *Paul Maynard
- *Andrew Walters
- *Sophia Kopasakis

Crave Fitness: 216-408-9928

- *Colleen Barry
- *Kevin Brenis
- *Randy Tomasek

“Golden Gang” Cardio Fit

Comprehensive 35 minute low impact cardiovascular conditioning to music, including range of motion and balance exercises to improve your overall fitness and health.

Silver Sneakers Classic®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Circuit®

Circuit offers standing low-impact choreography alternated with standing upper body work with hand-held weights, elastic tubing with handles, and the SilverSneakers balls. Circuit focuses on the benefits of a circuit format to improve your cardiovascular endurance and muscular strength and endurance. A chair is used for seated and/or standing support.

SilverSneakers Chair Yoga®

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Zumba Gold®

Perfect Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

*Above classes are free to our Silver Sneaker members.

Senior Walking Pass

Did you know that we offer a Senior Walking Pass for Westlake residents ages 60+. This \$5 pass allows you to walk on the indoor track Monday- Friday from 10:00am to 2:00pm. Walking Pass is ONLY for use of the indoor track during these days/ times. Proper identification is required.