



Lenbrook

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## **Fitness centered around you.** <sup>[1]</sup>

Lenbrook is dedicated to your good health, wellness and fun. And at the heart of it all, is the beautiful 9,000-square-foot Fitness Center. With a variety of fitness equipment, classes, a resort-like indoor heated pool and hot tub, along with credentialed fitness specialists, you will be supported and inspired to be at your best.

Professional, certified staff members monitor the wide selection of machines and free weights, instruct classes and are available to help and guide residents. They not only assist with workouts, they can set benchmarks so residents can keep track of their progress toward fitness goals. Personal trainers are also available for one-on-one motivation and aid. These friendly, knowledgeable professionals can design custom programs to meet individual needs.

The Fitness Center at Lenbrook offers more than 20 group classes a week to build strength, balance and cardio vascular endurance. The invigorating variety of choices provides something for every fitness level and includes:

- Seated and Intermediate Yoga
- Tai Chi
- Pilates
- Body Balance
- Balance Center
- Morning and Afternoon Group Exercise
- Water Arthritis, Aerobics and Cardio "Splash"
- Tour De Dance

For those who think outside-the-gym, Lenbrook also offers scenic, level walking paths through the beautiful Plaza Gardens. Plus, to support all the dimensions of wellness <sup>[2]</sup>, there are on-going lectures, special entertainment, nutrition classes and plenty of expert advice from the staff about all aspects of staying active and healthy.

It is also comforting to know that Lenbrook's Rehabilitation Center has continuity with the Fitness Center so residents recuperating from surgery or an injury have a consistent and coordinated program for healing.

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**Links**

[1] <https://lenbrook-atlanta.org/lifestyle/fitness-center-and-pool>

[2] <https://lenbrook-atlanta.org/sites/default/files/documents/Dimensions%20of%20Wellness.pdf>