

Creating Possibilities



Turnstone

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Fitness & Aquatic

PLASSMAN ATHLETIC CENTER

An Inclusive Exercise Facility

Turnstone Center offers a friendly, inclusive, and supportive environment for a positive fitness experience. A safe space to move is important for people of all abilities, ages, and backgrounds. Turnstone's Fitness & Aquatic Center is the only exercise facility in northeast Indiana universally designed to include people of all abilities. Contact a fitness staff member for a new member assessment.

Please contact us at [\(260\) 483-2100](tel:2604832100) or complete the [online contact form](#) for more information or to learn how you can become a member.

[To leave us feedback on this program, take our Client Satisfaction Survey.](#)

Fitness Center Hours:

Monday-Thursday 7:00 am - 7:00 pm
Friday 7:00 am - 5:00 pm
Saturday 9:00 am - 1:00 pm

Warm Water Pool Hours:



General Fitness & Aquatic Membership Rates

General Fitness & Aquatic Membership (includes Fitness Center, Pool, Indoor track, and most group fitness classes): **\$36 per month.**

**There is a one-time enrollment fee of \$25 for the first month. Members must set up auto-pay.*

Monday-Thursday 7:30 am - 6:30 pm

Friday 7:30 am - 4:30 pm

Saturday 9:00 am - 12:30 pm

**Please check [Turnstone's Facebook Page](#) for any last-minute schedule changes.*

Additional memberships are also available for family members.

Fitness Center Features

Turnstone's Fitness Center features fully accessible strength-training equipment, free weights, boxing equipment, and several cardiovascular machines including:

- Motomed machines
- NuSteps
- Recumbent ellipticals
- Treadmills
- Standard ellipticals

Turnstone's field house has a six-lane 230-meter track for walking, running, and rolling laps.

Warm-Water Therapeutic Pool Features

Turnstone's warm-water therapeutic pools are equipped with:

- A chair lift
- Wheelchair ramp
- Handrails
- An underwater bench with whirlpool jets

Maintained at 90 degrees, the pools offer a therapeutic environment that promotes muscle relaxation and circulation. Water buoyancy allows freedom of movement.

Membership Eligibility



Individuals with one or more of the following conditions qualify for membership at Turnstone Center:

- Diagnosed disability (ALS, Amputation, Blind/Visual Impairment, CP, MS, MD, Parkinson's Disease, Spina Bifida, SCI, Stroke, and Traumatic Brain Injury)
- Orthopedic or neurological medical conditions
- Chronic Pain
- Diabetes
- High cholesterol
- Obesity
- Cardiac conditions
- Moderate to severe mobility limitations
- Uncontrolled stress and depression
- Physical inactivity
- Loss of balance
- 65 years of age and older
- Military veteran with an honorable discharge
- A family member or caregiver of a participating member

Veterans Program



Turnstone offers a Military program for U.S. Military veterans with an honorable discharge.

To learn more, contact the Fitness Staff at [260-483-2100](tel:260-483-2100).

Fitness Staff Expertise and Credentials



Turnstone's certified fitness staff works with each member to create an individualized exercise plan to meet the member's fitness goals. Turnstone's fitness staff are Certified Inclusive Fitness Trainers (CIFT) through the American College of Sports Medicine (ACSM) as well as Certified AdaptX trainers.

Fitness Center and Pool Membership Rates:

General Fitness & Aquatic Membership (includes Fitness Center, Pool, Indoor track, and most group fitness classes): **\$36 per month.**

**There is a one-time enrollment fee of \$25 for the first month. Members must set up auto-pay.*

Additional memberships are also available for family members.





app to view schedules, get notifications, and update membership information.

[Download Apple App](#) | [Download Android App](#)

Medicare Advantage Plans:

Turnstone Center's Fitness & Aquatic Center accepts participants with Medicare Advantage Plans.



SilverSneakers® is a benefit for seniors that comes FREE with qualifying Medicare health plans, giving members unlimited access to fitness locations across the country. From weights and machines to group classes led by instructors trained in senior fitness, we have something for everyone at all levels of ability.



Renew Active™ is the gold standard in Medicare fitness programs for body and mind. The program is available at no additional cost with UnitedHealthcare® Medicare plans. You can learn more at UHCRenewActive.com.



The Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness memberships through arrangements with certain health plans. Silver&Fit is provided by American Specialty Fitness, Inc., a subsidiary of American Specialty Health Incorporated.



“We’re all in this together and we understand one another. We try and draw everyone into our group; we don’t shut anyone out because we really feel like Turnstone is a family.”

Scott
Fitness Member

Fitness & Aquatic Programs

[Check our most current class schedule.](#)

[Check out the most current Pool schedule.](#)

Aquacise



Beginner-Intermediate

Incorporating a variety of moderate impact exercises focusing on cardio, coordination, balance, endurance, and strength. Water weights and other equipment are used. Everyone can go at their own pace, but you will be sure to get moving and grooving in this workout.

Located in the Plassman Pool.

Aqua Balance



Beginner – Intermediate.

Aqua Balance is a 30-minute class that is completed in a heated pool while listening to calming music. This class is designed to improve balance and stability while developing muscle awareness to aid in preventing slips and falls.

Please join us in the Plassman Athletic Center pool!

Balance Class



Beginner-Intermediate.

A class specially designed to improve your balance, coordination, and stability through a variety of static and dynamic exercises.

Located in Group Exercise Room #1.

Chair Dance



Beginner-Intermediate.

Chair Dancing, you'll perform dance movements on a chair and move your upper body with the beat of the music, as guided by the instructor. Chair dance is an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair dance also improves mobility by increasing blood flow and strengthen your joints.

Get Fit



Beginner – Intermediate.

This 45-minute class is a gentle aerobic and strength workout for participants of all abilities. This class is for those looking to improve their strength and endurance. Participants can be seated or standing. Participants will use dumbbells, bands, and medicine balls.

Open Track



Turnstone's six-lane indoor 230-meter track is available for running, walking, or rolling laps. Six laps around the track equal one mile. Access to the Fitness Center is not included with the Open Track Program.

To participate, complete a waiver at the Plassman Athletic Center with a fitness center staff member and sign in at the main desk each time you arrive. Please contact EJ Whitney, Director of Fitness and Aquatics, at [\[email protected\]](#) with questions about the Open Track Program.

Open Track hours:

Monday - Friday 7:00 am – 5:00 pm

*The open track schedule is posted outside our fieldhouse doors monthly. *Call [260-483-2100](tel:260-483-2100) to confirm availability.*

Open Track fees:

Individuals: \$5/drop-in or \$25/month includes shower and locker usage.

Businesses: \$25/employee up to \$250 per month for 1-20 employees per organization includes shower and locker usage. Towels are not provided.

Personal Fitness Training

Members may purchase personal fitness training sessions in both the warm-water pool and fitness center under the direct supervision of a Certified Inclusive Fitness Trainer. Contact our fitness staff at [\(260\) 483-2100](tel:2604832100) to schedule an appointment.

Personal Fitness Training Fees:

- \$100/5 30-minute sessions
- \$200/5 1-hour sessions

OR

- \$210/12 30-minute sessions
- \$420/12 1-hour sessions

Additional packages are also available.

Renew Active

Beginning January 1, 2019, Renew Active™ will be available at Turnstone's Fitness Center. Renew Active is a fitness program designed to help UnitedHealthcare Medicare Advantage members meet fitness-related goals. Renew Active membership includes the use of Turnstone's Fitness Center, Warm-water Pools, and Track. Available on select health plans. For more information, please contact a fitness specialist at [\(260\) 483-2100](tel:2604832100). You can also learn more at myrenewactive.com.

Rock Steady Boxing

Rock Steady Boxing is designed to empower and improve the quality of life for individuals with Parkinson's Disease. This class incorporates a non-contact boxing-based fitness curriculum. Participants are evaluated before starting class to gauge their skill level.

For more information, please contact Zach at [\[email protected\]](mailto:) or [\(260\) 483-2100](tel:2604832100).

Silver & Fit



Silver and Fit is a fitness program designed specifically for older adults. You may get access to Silver and Fit as a Medicare beneficiary through many insurance companies' Medicare Advantage and Supplement plans.

Please contact a fitness specialist at [\(260\) 483-2100](tel:(260)483-2100) for more information.

Silver Sneakers Classic



Intensity Beginner–Intermediate

A well-rounded exercise class to improve participants' strength, endurance, flexibility, and balance. This class is for all levels and has both standing and chair exercises to fit each participant's needs.

Located in Group Exercise Room #1.

Silver Sneakers Splash



Intensity Beginner–Intermediate

A fun, shallow-water exercise class that uses a signature splash board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Located in the Plassman Pool.

Silver Sneakers Yoga



Intensity Beginner–Intermediate

Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels.

Located in Group Exercise Room #1.



Turnstone offers a Military program for U.S. Military veterans with an honorable discharge.

To learn more, contact the Fitness Staff at [260-483-2100](tel:260-483-2100).



Reach out to our
Fitness Staff to learn
more.

Contact us at [\(260\) 483-2100](tel:260-483-2100) &
[\[email protected\]](#)

Empowered by our Fitness and Aquatics Program Sponsors:

PHP  FOUNDATION

 PARKVIEW
COMMUNITY HEALTH IMPROVEMENT

Interested in Becoming a Fitness & Aquatic Program Sponsor?

Your support creates an inclusive community where all types of individuals can feel empowered to take charge of their well-being!