

Hours & Fees

Hours of Operation

Fitness

Monday – Thursday	7:30 a.m. – 8 p.m.
Friday	7:30 a.m. – 5 p.m.
Saturday	9 a.m. – 2 p.m.

Warm Water Therapeutic Pool

Monday – Thursday	8 a.m. – 7:30 p.m.
Friday	8 a.m. – 4:30 p.m.
Saturday	9 a.m. – 1:30 p.m.



Fees

Fitness or aquatic fees are \$30 per month or \$300 per year. Members can participate in both programs for \$36 per month or \$360 per year. First month includes an additional \$25 evaluation fee.

*Family packages are also available.
Please ask a staff member for more details.*

Members

Who Are Our Members?

Members of the Health and Wellness Center's aquatic and fitness programs are children and adults living with disabilities.

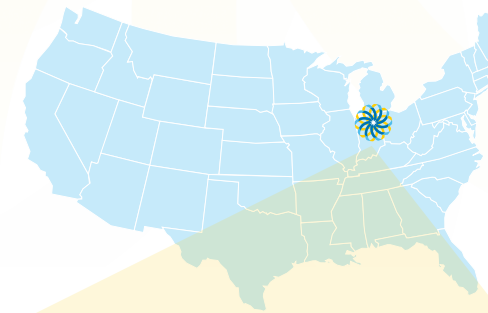
Common diagnoses include, but are not limited to:

- Cerebral Palsy
- Stroke
- Spinal cord injury
- Multiple Sclerosis
- Neuropathy
- Muscular Dystrophy
- Parkinson's Disease
- Orthopedic Conditions
- Spina Bifida
- Arthritis
- Amputation
- Joint replacement
- Brain injury
- Fibromyalgia

Members of the program must meet program eligibility criteria and age requirements. They must also obtain a physician's release before beginning the program.



Turnstone
Creating possibilities.



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HEALTH & WELLNESS CENTER



Turnstone

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About the Fitness Center & Warm Water Therapeutic Pools

At Turnstone, we believe physical health is important for everyone. We provide an accessible health and wellness center that includes fitness equipment, exercise programs, and two warm-water therapeutic pools and classes.

Turnstone's Health & Wellness Center is the only exercise facility in northeast Indiana tailored to the needs of people with disabilities. Turnstone's certified fitness staff invest in the health and wellness of members and help them reach their personal fitness goals.

Fitness

Turnstone's fitness center features fully accessible strength training equipment, free weights, and numerous cardiovascular machines, such as recumbent bikes, steppers, elliptical, treadmills (wheelchair and standard), arm cycles or upper body arm bikes, accessible rope trainer, and MotoMed bike for passive and active range of motion. Turnstone's fieldhouse also has a 230-meter track available for walking, running, and rolling laps.

Why You Should Become A Member

Members of Turnstone's Health and Wellness Center report the following:

- Increased strength and mobility
- Increased range of motion, flexibility, and cardiovascular endurance
- Improved motor coordination and control
- Improved independence, self-esteem, confidence, and overall health and wellness
- Reduced pain and stiffness of the joints
- Increased social networking and camaraderie
- Weight loss



Specialty Programs

Turnstone offers several specialty health and wellness programs. These programs include:

- Parkinson's exercise group
- Silver Sneakers (classic exercise class)
- Youth Fit
- Lap Club
- Quarterly run/walk clinic for above- and below-the-knee amputees through SRT
- Fort4Fitness run, walk, and roll training
- Healthy Minds Healthy Bodies for veterans and members of the Armed Forces with disabilities
- Aqua-cise
- Krank class (spin class)
- Elite Sports Performance Training
- Aqua•Zen
- And more!

Warm-Water Therapeutic Pools

Turnstone's warm-water therapeutic pools are equipped with a chair lift, wheelchair ramp, hand rails, an underwater bench with whirlpool jets, and numerous pieces of exercise equipment. The 90-degree pool offers a therapeutic environment that relaxes your body. Water buoyancy gives you the freedom to move with less gravitational restrictions.



Personal Fitness Training (PFT)

Members have the opportunity to purchase personal training sessions in the warm-water pool or fitness center under the direct supervision of a Certified Inclusive Fitness Trainer. See one of the fitness specialists to schedule an appointment for your 1:1 training session.

Personal Fitness Training Rates:

- \$45/1 hour
- \$23/30 minutes
- OR
- \$200/5 1-hour sessions
- \$100/5 30-minute sessions

Additional 12- and 20-session packages available.