

Fitness fit for you.

Developed under the guidance of a nationally renowned Older Adult Fitness Specialist, the V!VAfit program takes personalized fitness to a new level for seniors. You will work closely with your V!VA Lifestyle Manager who will identify your personal fitness goals, develop a customized plan based on individual abilities, and then monitor your progress to make any adjustments when necessary. As a member of the International Council of Active Aging, V!VA is committed to following the foremost wellness guidelines for senior health and exercise.

Your fitness. Your choice.

No matter how you choose to stay in shape, we have all the latest fitness amenities including a variety of equipment specifically designed for you.

- Heated indoor pool
- Strength studio featuring state-of-the-art fitness equipment
- Stretch studio for yoga, seated aerobics and other flexibility classes
- Beautifully landscaped outdoor walking paths
- And much more!

V!VAfit



“I have been living at V!VA now for fourteen months. When I arrived, I was recovering from major surgery. I was very weak, and I attribute my recovery almost entirely to the environment here. I found that by taking full advantage of my surroundings, I recovered right back to my old self. I owe my good health to three things: the V!VAfit programs, the aqua therapy activities and the healthy balanced meals. I very much want to express my gratitude to everyone at V!VA for my renewed energy and health.”

Catherine Gray
V!VA Community Member



Speak with your Lifestyle Manager
today to schedule your
V!VAfit orientation.

V!VA Retirement
Communities™

ML021 (AUG.2021)

Stay fit,
feel your best
and have fun!



Discover a healthier you!

Stay fit, feel your best and have fun – that's the V!VAfit way to approach every day. We want to help our Community Members stay healthy, and one of the easiest and most enjoyable ways is through exercise and activities. Keeping fit also gives you the energy to get more out of every day, improving your quality of life through better health and reduced stress. Plus, staying active is just plain fun – especially with all the great wellness programs and fitness amenities we have to offer!



Focusing on the four key components of older adult health...



Cardiovascular

Cardiovascular exercise improves stamina and reduces the risk of heart disease and stroke. Enjoy a walk on our treadmill, go out and about with our Walking Club, or take a dip in our indoor pool.



Strength

Studies show that the older we get, the more muscle we lose. Enjoy a guided workout in the V!VAfit Strength Studio using our pneumatic-resistance equipment designed to build strength in older adults.



Flexibility

All of our V!VAfit sessions include stretching activities. We recognize that every body moves differently, so we encourage your best possible range of motion.



Balance

Balance training provides you with better posture and coordination, plus a significant reduction in the risk of injury. That's why V!VAfit includes many programs that focus on improving stability, and preventing falls.

No experience necessary: enjoy a variety of classes from beginner to advanced!

Cardiovascular Programs

V!VAfit Combo (advanced)

Promotes strength, cardio and flexibility with a focus on endurance.

V!VAfit Swim (beginner - advanced)

Build strength with multi-level pool exercise that offers both cardiovascular and muscle conditioning using the water's resistance.



Strength Programs

V!VAfit Strength (beginner - advanced)

One-on-one exercise with a focus on strength building.

V!VAfit Sit (beginner)

Improves range of motion with head to toe stretching from the comfort of your chair!

V!VAfit Sit and Stand (intermediate)

Utilizes sitting and standing exercises to assist with physical activities, agility, strength and power.

Balance Programs

V!VAfit Flow (beginner - advanced)

Promotes flexibility, relaxation, proper breathing techniques and stretching.

V!VAfit Balance (beginner - advanced)

Build stability and posture while promoting balance and agility.

V!VAfit Circuit (beginner - advanced)

Utilizes specific balance exercises available at various stations that will target leg strength, posture and falls prevention.