



Premier Fitness Center at Meadow Ridge

Take care of your mind and body when you move to Meadow Ridge.

Holistic Fitness Experience

- Professionally managed by degreed and certified fitness specialists and instructors
- On-site team has significant experience and understanding of an active aging population
- Collaboration with residents, their families (if necessary), their healthcare team, on-site physical therapists and other departments
- Incentive programs, motivational activities, educational presentations and additional health and wellness services

Personalized Fitness Programs

With your membership, you receive an individually designed program specific to your goals and needs, a fitness assessment and access to all group exercise classes, including pool-based classes.

We work with all levels of fitness, adjust for any cognitive or physical limitations and focus on fall prevention, balance, mobility, agility and strength to help each resident lead—and maintain—an active and independent life with confidence.

Indoor & Outdoor Fitness Options

- State-of-the-art fitness gym
- Indoor heated pool
- 136 acres of trails on campus
- Local hiking trails
- Croquet court
- Pickleball/tennis courts
- Bocce court
- Putting/chipping green

Fitness Center Hours of Operation:

7 days per week | 24 hours per day

Pool Hours of Operation:

7 days per week | 4:30 AM–10:00 PM

Staffed Hours of Operation:

Monday–Friday | 8 AM–4 PM

(with the exception of some holidays)



Jaime Silverman, Fitness Manager





Cardiovascular Equipment:

- True Treadmill
- True Elliptical
- True Recumbent Bikes
- Octane Seated Elliptical
- NuSteps

Strength Equipment:

- Leg Press/Calf Press
- Hip Abduction/Hip Adduction (Inner and Outer Thigh)
- Leg Extension
- Leg Curl
- Chest Press/Triceps Press
- Functional Trainer

Additional Fitness Equipment:

- Rubberized Free Weights
- Bench (Flat/Incline/Decline)
- Stability Balls
- BOSU® Balls
- Resistance Exercise Chairs
- TheraBands®
- Resistance Tubes
- Balance Pads
- Step Benches and Risers
- Yoga Mats and Blocks
- Ballet Bar

Fitness Classes Offered*:

- Tai Chi
- Yoga (Chair, Standing & Mat Poses)
- Pilates (Chair & Mat)
- Strength & Balance Classes
- Moving for Better Balance® (Tai Ji Quan)
- Zumba® and Zumba Gold
- Aqua Classes
- Chair Dancing
- Pre-Recorded Videos Available for Home Use

Benefits of Physical Activity:

- Reduced risk of heart disease, stroke, type 2 diabetes, high blood pressure and some types of cancer
- Improved strength and balance to prevent injuries
- Helps to control joint swelling and pain associated with arthritis
- Helps maintain independence
- Reduced pain
- Improved mood and feelings of well-being
- Reduced symptoms of anxiety or depression
- Improved cognition function

For more information about the fitness center and our offerings, please contact the fitness center manager at 203-544-7733 (x630).

**Not all classes are offered at all times.*



MeadowRidge.com | 203-544-7777 | 100 Redding Road | Redding, CT 06896
Managed by Benchmark Senior Living