

Pool Open Swim & Spa Hours

Monday

7:30-9:30am ♦ 10:15-11:00am ♦ 1:00pm-4:00pm

Wednesday & Friday

7:30-9:30am ♦ 10:15-11:00am ♦ 1:00pm-4:00pm

Tuesday (Note: 11-11:45am ONE lap lane available)

7:30-9:15am ♦ 10:00am -Noon ♦ 1:00pm-4:00pm

Thursday

7:30-9:15am ♦ 10:00am-Noon ♦ 1:00pm-4:00pm

Saturday

7:30-Noon ♦ 1:00pm-4:00pm

Sunday - Closed

Fitness Room Hours

Residents and Associates may access Fitness Room unsupervised by using their POS/badge cards, with permission of Wellness staff and a completed Wellness Application on file.

Residents should wear SARA pendants, especially during any unstaffed time, including regular Staffed Hours during which staff may occasionally *not* be present. Room is open during holidays.

Sunday through Saturday

5:00 am - 9:00 pm

Monday - Friday (Staff Available)

8:00 am - Noon ♦ 1:00 pm - 4:30 pm

Fitness & Aqua Classes

Classes are free of charge to residents, but also open to non-Asbury residents, age 55+.

Non-residents purchase 'Fitness Class Cards' at Wellness Desk, cash or check accepted:

One: \$9, Six: \$44, Twelve: \$78.

Yoga, and Tai-Chi, pay instructor directly: residents \$5 and non-Asbury residents \$6.

Senior Fit and Parkinson's Exercise: free to all. Senior Fit-advanced registration required, contact x6444 or visit Rosborough Wellness Desk.

See Calendar inside for details or any exceptions!!

Staff



Wellness Manager
Cheryl Patterson
301-987-6408

Sr. Wellness Professional
James Warner, Jr.
301-987-6265



Wellness Professional
"Mo" Moufty Lawani
301-987-6455

Wellness Professional
Marcus Barnes
301-987-6169



Wellness Professional
Mary Sandoval
301-987-6453

Wellness Coordinator
Belinda Degboe
301-987-6444



Lifeguard/Pool Operator
Mansour Behroozi
301-987-6269

Lifeguard
Yousefi Kaveh
301-987-6269



Wellness Concierge/Intern
William Oklety
301-987-6258

Massage Therapy

Discounted Rates for Residents and Associates:

\$15.00 — 15 Min. Chair Massage

\$35.00 — 30 Min. Chair or Table Massage

\$65.00 — 1 Hour Full Body Massage

Rates for All Others:

\$17 - 15 min, \$40 -30 min, \$75 - 60 min

New to the Wellness Center ?

Getting started is easy. Call or come by to set up your initial appointment. We want to help you choose a plan that is convenient, beneficial and enjoyable!

It's never too late to get started.

November 2018

Lifestyle & Wellness Center

Newsletter and Fitness Calendar



Happy Thanksgiving

Pass by the wellness center to share what you are thankful for on the Wellness Gratitude Wall. You also get a chance to win the Wellness Gratitude Gift Basket. #MonthofGratitude

Strathmore Society @ Asbury

Friday, November 16th @7:30

Rosborough Theater

Calista Garcia, Singer-Songwriter



The Wellness Team is thankful for all our wonderful AMV Residents.
#WellnessStrong