

# The Fitness Program at *Tivoli Lakes... a premier boutique community*



Enthusiastic exercise class participants strengthening with weights while having fun!



Fitness Club manager Richard checks out a fly machine



Chair Yoga class led by Chana wishes us Namaste





Our standalone Fitness Center has a wealth of resources for workout enthusiasts.



Some of the exercise machines in the main room



Richard makes sure that all equipment in the Center is safe and operating properly.



Our yoga and exercise room inside the Fitness Center

## WE ARE A COMMUNITY OF FITNESS ENTHUSIASTS!

Tivoli Lakes is a prestigious, gated, active adult community of 324 single-family homes. Fitness is a major lifestyle and goal for many in our community, and therefore a focus of our social life.

Our Fitness Programs include activities and classes led by volunteers from our Fitness Club and Yoga Club. Volunteer residents also manage our Fitness Center which is kept in up-to-date condition. Our classes are put on by a combination of hired professionals and volunteer residents with appropriate expertise. In addition, we offer several recreational sports, many with associated clubs and social events, some of which benefit local charities. We offer something for everyone!

## FACILITIES

Our state-of-the-art Fitness Center (pictured at left) has a large exercise equipment room, a separate room for yoga and exercise classes, men's and women's locker rooms with showers, saunas and bathrooms, a refrigerated water fountain, and a scale. Workout equipment includes:

### Cardio Machines

- ◆ 4 Treadmills
- ◆ 1 Recumbent elliptical
- ◆ 1 Crank machine for shoulders
- ◆ 2 Recumbent bikes
- ◆ 4 Ellipticals
- ◆ 1 Rowing machine

### Workout Machines

- ◆ Overhead press
- ◆ Lat pulldown machine
- ◆ Chest press machine
- ◆ Fly machine for chest and shoulders
- ◆ Row machine for back and chest
- ◆ Arm curl machine for biceps
- ◆ Arm extension for triceps
- ◆ Back extension for lower back
- ◆ Ab core machine for abdominals
- ◆ Leg curl machine for hamstrings
- ◆ Leg extension machine for quadriceps
- ◆ Leg press machine for entire leg
- ◆ Knee-lift machine
- ◆ Inner outer thigh machine
- ◆ Stretching machine
- ◆ Sit-up bench
- ◆ Preacher bench
- ◆ Free weights and dumbbells, small weights, mats, other equipment

The Fitness Center access hours are from 6 am to 11 pm. The building is locked and does require a security fob to enter. Our volunteer resident Fitness Center manager is more than happy to show you how to safely use the equipment based upon your own needs.



## FITNESS CLUB ACTIVITIES



One of our water aerobics classes



Weekly Bocce games are sponsored by the Fitness Club. Players also enjoy occasional dinners and special events.



Yoga Moves instructor Sandy demonstrates Warrior 2 position to a participant.



The Fitness Club has sponsored kayaking trips to the Everglades.

## FITNESS & YOGA PROGRAMS

Tivoli Lakes offers an exciting fitness program that is chock-full of classes and activities. Here is a typical schedule (days/times will vary):

**Water Aerobics** are offered three times on Tuesdays and Thursdays (and some Saturdays): at 8 am we use a variety of fast-paced music CDs in a class led by Fitness Club members, as well as a vigorous aerobic CD. At 9 and 10 am on Tuesday and Thursday, the classes use a gentler aerobic and stretching CD. Professionally-led classes by Body Wellness are occasionally offered on Monday and Fridays from 9-10 am in multiple-week sessions.

We are offering an afternoon **Water Aerobics** class on Wednesday from 1-2 pm, and a **Pilates** Class on Monday from 9:30-10:30 am.

**Stretching Classes** are on Monday, Wednesday and Friday from 8-9 am at the Fitness Center. This class consists of a variety of stretching, weights, balance, core and strengthening exercises. Bring your mat, 2 or 3 lbs weights, a band and a bottle of water. The class is given by Fitness Club members and it is free of charge for members.

People gather to play casual games of **Bocce Ball** on Thursday afternoon at 4 pm at the courts. Season kick-off is often a great dinner party along with the games.

**The Fitness Club** organizes special events such as the Walkathon for a variety of national charities, Latin and Popular Dance Nights/Classes, Movie Nights with the Tennis Club, Zumba Gold Night, and a morning of kayaking at the Loxahatchee National Wildlife Refuge. They hold an annual kick-off breakfast which is included in the very modest membership fee of \$15 per year.

**The Yoga Club** sponsors classes led by our resident experts.

**Yoga Moves** is held on Monday and Friday from 9-10:15 am. It is a calming yoga class that seeks to enhance the body-mind connection, increase flexibility and range of motion by breathing, stretching and moving into poses and postures. Bring a mat.

**Chair Yoga**, held on Monday and Friday from 10:15-11:15 am, includes chair yoga, stretching, balancing and meditation. Great for strengthening spine, back and knees. Bring mat and towel.

Our **annual Walkathons** get lots of participation, and each year the Fitness Club presents a donation to a special charity. Participants enjoy a 2-3 mile walk throughout our community.



## RECREATIONAL SPORTS at Tivoli Lakes

In addition to our Fitness Club offerings, we have an extremely active and popular Tennis Program (see separate brochure).

We enjoy several other recreational sports:

Our Golf Club arranges preferred tee times at local courses weekly. One feature we enjoy during these weekly games is a closest-to-the-pin contest, sponsored by our course of choice, with the winner receiving a pro shop gift card. In addition, a number of tournaments are held during the year, most significantly our Masters Tournament, held on Master's Sunday in April, in which we pair individual Tivoli Lakes golfers with one of the professionals on Sunday's leaderboard. Their combined score, less the Tivoli golfer's handicap, determines the winner. Our November Invitational features team play, a four-person Step-Aside-Scramble. An awards dinner for golfers and spouses/partners tops off a great day after both major tournaments.

We're excited that Pickleball and Bocce ball have come to Tivoli Lakes! We opened two courts of each, and we have enthusiastic players and clubs supporting both sports.

In addition to our beautiful swimming pool and spa, we have a ping-pong table on our pool deck and, inside the clubhouse, a billiards table.

If you didn't see an exercise class or sport that you enjoy in the list here, all you have to do is start a new class or club. It just takes eight resident members to enjoy your favorite activity for a class, or ten for a club, and your group can join the active Tivoli Lakes lifestyle.



Pickleball is the most rapidly-growing sport in the USA and is quite popular in active adult communities. Bocce ball can be enjoyed by all residents, regardless of athletic experience.



# The Fitness Program at

## *Tivoli Lakes*

### of Palm Beach County HOA

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