



HEALTHIER LIVING

STARTS HERE

MORE THAN A GYM AT YOUR DOORSTEP

Riverland knows how to do fitness right! The Riverland Wellness & Fitness Center is designed to inspire and challenge you to reach your fitness and health goals with state-of-the-art facilities, latest equipment, the best certified trainers and instructors, dynamic classes and much more!

Riverland residents benefit from VIP access to this amazing 55+ master planned amenity. The opportunities are endless to take the sport or fitness practice you love further than you ever imagined.

CHECK OUT what's included in your VIP access at no additional cost to you!

- Daily use of facilities 24/7*
 - 16,000 sq. ft. Fully Equipped Fitness Center for Cardio & Strength Training
 - Fitness Pools*
 - Lap Pools - 2 pools**
 - Resistance Pool
 - Workout Recovery Whirlpool
- Fitness Evaluations
- Nutrition Seminars (*once a month*)
- Fitness Equipment Clinics (*twice monthly*)
- Health Fairs
- Women's and Men's Lockers while attending classes and using the Fitness Center facilities

* Fitness pools are open from dawn to dusk

** Must reserve a time slot for lap pools on the Riverland phone app



LET'S GET TO
YOUR GOAL
TOGETHER.



LIVE HEALTHY

GET FIT

FIRST THINGS FIRST!

DOWNLOAD the RIVERLAND APP on your phone and create an account to enhance your experience at this facility. You'll be able to view scheduling and purchase classes. All at your fingertips!

PERSONAL TRAINING

Work with one of our Certified Personal Trainers to help you reach your fitness goals. Work with our highly knowledgeable and experienced staff specializing in senior fitness, weight loss, healthy lifestyle, strength, sports specific and many other modalities. Whatever your fitness goal we have someone that can help you attain it. Give yourself a break and let us help you improve your quality of life. **We offer single sessions and packages. We also offer couple's packages which lets your spouse train for free!**

GROUP FITNESS

Workout and have fun in our group fitness classes. We offer over 30 different classes that can meet anyone's fitness level with several different packages for individuals and couples. **Get 10% OFF Premium services with the purchase of a Platinum Package.**

SMALL GROUP TRAINING

Work with a Certified Personal Trainer and a group of 3 - 6 people. Small groups are very successful at helping people attain their goals. You get an added accountability of working with like minded people and you get more attention from your trainer. All groups can be modified for each person. Group training routines will change to insure the constant progress of the group.

BOXING FITNESS | LESSONS

Our **professional kickboxer** will help you get in shape and have fun doing it. The instructor will use boxing techniques to keep you moving and combine with other workouts to enhance cardiovascular and promote overall health, hand eye coordination and weight loss. Classes include group training, small group training and one-on-one training.

SWIM LESSONS

With our certified swimming instructor, learn or become better at swimming. Become confident in the pool and get a workout at the same time. The instructor will be offering individual lessons and small group lessons.

WELLNESS

STRETCH THERAPY

Want to reduce pain, move better, and improve your overall quality of life? Work with a stretch therapist to stretch and lengthen your muscles. During a session our therapists, they will use several modalities including static (holding for a period of time) and PNF (using resistance, timed holds, and motion) to enhance the overall lengthening and stretching of muscle fiber and tissue. We offer single sessions and packages for 30 minute and 60 minute sessions.

MASSAGE THERAPY

Our massage therapists are some of the best around. They offer Swedish massage, deep tissue massage, reflexology, lymphatic drainage, and trigger point therapy. Massage can reduce pain, cortisol levels (caused by stress), increase blood flow and mobility. We offer single sessions and packages for 60 and 90-minute sessions.

NUTRITIONIST SERVICES

Meet with our **Registered Dietitian Nutritionist** as one of your first steps for improved nutrition and physical care. The consultations are personalized to individual needs, takes into consideration past medical history, current medical status, medications, weight, dietary intake, sleep patterns, and health goals. In addition, we will also be offering nutrition consultations, coaching, meal plans, nutrition seminars and nutrition support groups.



GROUP FITNESS CLASSES

Abs 360

Aqua Aerobics

Aqua Blast - Levels 1 & 2

Aqua Dance

Aqua Fit - Levels 1 & 2

Aqua Fit - Strength & Conditioning

Barre

Boxing Fit

Chair Yoga

Dance Fit

Equipment Clinics (Free, Monthly)

Full Body Fit

Gentle Flow Yoga

High Intensity Interval Training (HIIT)

Low Impact Fit

Lower Body Blast

Mat Pilates

Nutrition Seminar (Free, Monthly)

POUND - Rockout. Workout.®

Power Hour

Step & Sculpt

Stretch

Tone Up

Vinyasa Flow (Yoga)

Yin Yoga

Yo-Chi

Zumba® Gold

Zumba® Toning



WELLNESS & FITNESS SERVICES PRICING

PERSONAL TRAINING

60-Minute Packages

20 sessions - \$1,200
10 sessions - \$650
5 sessions - \$350
1 session - \$75

30-Minute Packages

20 sessions - \$700
10 sessions - \$400
1 session - \$45

COUPLES TRAINING PACKAGES

Same as above and spouse trains for FREE!

PERSONAL EXERCISE PLAN - \$100

BUDDY TRAINING PACKAGES

60-Minute Packages

20 sessions - \$1,300
10 sessions - \$700
1 session - \$80

30-Minute Packages

20 sessions - \$800
10 sessions - \$450
1 session - \$50

SMALL GROUP TRAINING

A 3-6 person group of friends can split the total price of the package cost for a private training with your friends.

Small Group Training Packages

60-Minute Packages	30-Minute Packages
20 sessions - \$1,600	20 sessions - \$1,000
10 sessions - \$850	10 sessions - \$550
1 session - \$100	1 session - \$65

STRETCH THERAPY

60-Minute Packages **30-Minute Packages**

20 sessions - \$1,200	29 sessions - \$700
10 sessions - \$650	10 sessions - \$400
5 session - \$350	1 session - \$45
1 session - \$75	

SWIM LESSONS

Private Lessons

20 lessons - \$700
10 lessons - \$400
1 lesson \$45

GROUP FITNESS CLASSES*

PLATINUM PACKAGE \$94.99

28 classes per month

GOLD PACKAGE \$59.99

16 classes per month

SAPPHIRE PACKAGE \$49.99

12 classes per month

SILVER PACKAGE \$34.99

8 classes per month

FAMILY PACKAGES (2 people/household)

PLATINUM FAMILY PACKAGE \$174.99

28 classes per person/month

GOLD FAMILY PACKAGE \$104.99

16 classes per person/month

SAPPHIRE FAMILY PACKAGE \$89.99

12 classes per person/month

SILVER FAMILY PACKAGE \$59.99

8 classes per person/month

BOXING FITNESS

60-Minute Packages

20 sessions - \$1,200
10 sessions - \$650
5 sessions - \$350
1 session - \$75

30-Minute Packages

20 sessions - \$700
10 sessions - \$400
1 session - \$45

BUDDY BOXING PACKAGES

60-Minute Packages

20 sessions - \$1,300
10 sessions - \$700
1 session - \$80

30-Minute Packages

20 sessions - \$800
10 sessions - \$450
1 session - \$50

NUTRITIONIST SERVICES

NUTRITION SEMINARS - FREE (Monthly)

NUTRITION CONSULTATION \$150

Comprehensive consultation with our Registered Dietitian Nutritionist (RDN)

PERSONALIZED MEAL PLAN \$150

Our RDN will create a meal plan based on your needs and goals

NUTRITION COACHING \$60

Meet with our RDN one-on-one to help achieve your goals

MASSAGE THERAPY

RELAXATION MASSAGE

90-Minute Packages

20 massages - \$2,100
10 massages - \$1,100
1 massage - \$115

60-Minute Packages

20 massages - \$1,400
10 massages - \$750
1 massage - \$80

DEEP TISSUE MASSAGE

90-Minute Packages

20 massages - \$2,400
10 massages - \$1,250
1 massage - \$130

60-Minute Packages

20 massages - \$1,600
10 massages - \$850
1 massage - \$90

TRIGGER POINT THERAPY

90-Minute Packages

20 massages - \$2,400
10 massages - \$1,250
1 massage - \$130

60-Minute Packages

20 massages - \$1,600
10 massages - \$850
1 massage - \$90

REFLEXOLOGY

60-Minute Packages

20 sessions - \$1,600
10 sessions - \$850
1 session - \$90

LYMPHATIC DRAINAGE

60-Minute Packages

20 sessions - \$1,600
10 sessions - \$850
1 session - \$90

Fitness Partner

ETHOS WELLNESS & FITNESS

Vanessa Waite, Fitness Director
Email: FitnessDirector@RiverlandCAI.com
Fitness Center Phone: (772) 200-2773
Office Hours: 9am-6pm | Mon-Fri

* Group Fitness Class Packages can be upgraded or downgraded one time before the 20th day of each month for the upcoming month. Request changes by email to FitnessInfo@RiverlandCAI.com or complete the form at the Front Desk of the Wellness & Fitness Center. You can reserve Group Fitness Classes on the Riverland phone app on the 20th day of each month for the following month. Prices and services are subject to change without notice.