



Leading Edge Strength Room

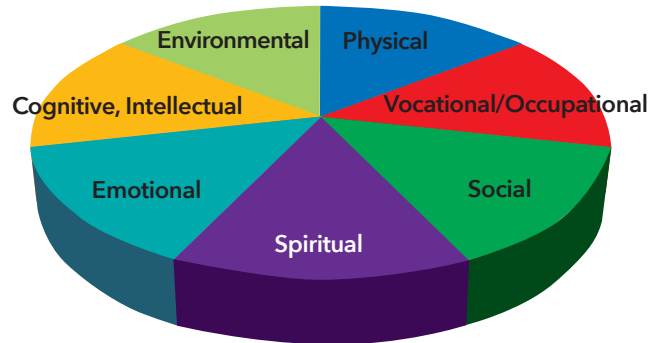
*Serving your wellness,  
functional ability,  
mental and cognitive  
health goals to enhance  
your quality of life.*



Two additional equipment rooms  
on campus at La Vista & La Joya



### Multidimensional Programming



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#### **THE PAVILION**

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# The Pavilion



**Balance Essentials**  
**Fitness Assessment**  
**Balance Assessment**

**Fall Management**  
Evidence based fall risk assessment

**Balance Classes**

**Level 1:** Stationary movements while sitting or standing with support

**Level 2:** Stationary stances, standing or sitting while moving body through all planes of movement

**Level 3:** Movement, standing and moving through all planes of movement



**Life Enhancing Workshops**

- Getting Up From Floor
- Fall Prevention
- Breath Management
- Active Sitting
- Soul Collage
- Trikes 101
- Cybercycle 101
- Labyrinth 101
- Gratitude

**The Pavilion** is your place to enjoy a safe, challenging and fun environment in which to maximize your well being.

There are many opportunities to become engaged in fitness in a way that suits your lifestyle. We do our best to accommodate your wishes and personal needs.



*Life In Balance*  
*Fee-Based Services\**

- Health and Wellness Coaching**
- Nutrition Counseling**
- Personal Training (land/aquatic)**
- Massage**
- Manicurist**
- Reiki**

\*For information, scheduling and pricing call 520-648-4245

**Aquatics**

- Aquacise • Deep Water • Back Hab

**Mind, Body and Spirit**

- Pilates • Mat Yoga • Ai Chi (aquatic)
- Meditation • Chair Yoga
- Mandalas • Drumming and Flutes



**Balancing**

- Wii Balance Board Training
- Line Dancing • Croquet • Bocce Ball
- Shuffle Board • Putting • Tai Chi

**Dynamic Brain**

- Brain Aerobics
- Journaling • Computer lab
- Tablet Q&A

**Strong Living**

- Sit & Be fit • Cardio • Flexibility
- Balls • Resistance Bands
- Trike Riding • Cybercycle