



In June of 2013 Claymore became an American Specialty Health Fitness Contracted Facility

Check your Supplemental Health Insurance Policy and see if you/spouse qualify for fee based Exercise Classes/Fitness Center reimbursement paid to Claymore.

Names of Insurance Company's offering "Silver & Fit" Coverage:

Aetna, Atrio Health Plan, Bankers Life, CalOptima, Capital BC/BS Pa., Careington International, Choose Healthy, Cigna(Includes all HMO Subsidiaries), EmblemHealth, Inc., Empire Choice BC/BS, Encore, Exercise Rewards, Geisinger Health Plan, Health First Plan, HealthLink, Healthyroads Collection, Hometown Health Plan, Jackson Health Plan, Lovelace Health Plan, MVP Health Care, MetroPlus, MODA Health, Optima Health, Preferred Care Partners, Rodale Employees, SCAN Health Plan, Select Health, Sharp Health Care, and UNICARE.

See Staff for additional help..

What Can Exercise Do for Me?

1. **Endurance exercises** increase your heart and breathing. They improve the health of the heart, lungs, and circulatory system, and help prevent or delay many diseases associated with aging.
2. **Strength exercises** build your muscles making adults strong enough to do the things they need to do and the things they like to do.
3. **Balance exercises** help prevent falls and other injuries that often lead to disability and loss of independence.
4. **Flexibility exercises** help keep your body limber and may prevent injuries.

Welcome to CLAYMORE

AN ADULT
RECREATION CENTER

Fitness Program Brochure



504 S. Clayton Street
Wilmington, Delaware
19805

302-428-3170

Fax: 254-4431

e-mail:

theclaymoresc@msn.com

www.claymoresc.org

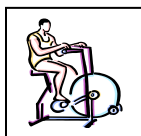
OPERATIONAL HOURS

Monday - Friday

6:30am – 2:00pm

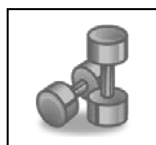
CARDIOVASCULAR EQUIPMENT

- Arm Egometer
- EFX
- Rowing Machine
- Stairmaster
- Treadmills
- Airdynne and Recumbent Bikes



RESISTANCE TRAINING EQUIPMENT

- Ab / Back Curl
- Bicep Curl
- Chest Flye
- Chest Press
- Shoulder Press
- Tricep Pressdown
- Lateral Pulldown
- Leg Curl
- Leg Extension
- Leg Press
- Body Bars
- Dumbbells 3 - 30 lbs
- Flat & Incline/Decline Bench
- Resistance Tubing
- Stability Balls
- Stretching Machines



GETTING STARTED...

Registration Procedures

Main Office/First Floor

Waiver & Release:

I understand that the Claymore Senior Center Exercise Program is designed to permit participating members to exercise within their physical limits as determined by:

- ❖ Claymore's Signed Waiver and Release Note: If this is your First Time in an Exercise Program, we will gladly set you up with a Personal Trainer for initial work out program instruction
- ❖ Physician Referral Presented
- ❖ Current Rehabilitation Release with Instructions(Need Copy)
- ❖ Written Acknowledgement of Participation in another Current Fitness Center

Also understand that I may only use the Center's Exercise Equipment according to said limits as stated above.

I agree to be solely and fully responsible for any injury or physical condition that I may incur as a result of my participation in the exercise program.



**Men's & Ladies Shower/Restrooms with
Lockers**



Blood Pressure Monitors



(3) 32" Flat Screen TV's

GROUP EXERCISE CLASSES AVAILABLE

MONDAY:

Arthritis Land Exercise
(including Monthly Support Group)
9-9:45am

Traditional Line Dancing
10:30am

TUESDAY:

Low Impact Cardio
9-10:00am

"Zumba Gold"
1-1:45pm

**Choreographed Line Dancing
Instruction for Performing**
2-4pm

THURSDAY:

Chair "YOGA"
9-10:00am

"Zumba Gold"
11am

**Choreographed Line Dancing
Instruction for Performing**
2-4pm