

Our Wellness Program Offers:

Professional exercise supervision and customized programming will help you set and reach specific functional fitness goals, including transition from physical therapy, injury or illness.

- Free initial assessments
- Customized exercise program
- State-of-the art equipment
- Group fitness classes
- Indoor heated swimming pool
- Wellness and nutrition seminars
- Instruction from certified fitness professionals
- *Fit to Move* class for those with Parkinson's disease
- Parkinson's Support Group

Membership is available for a fee as space permits

Membership Includes:

- Use of the Fitness Center (not available to pool-only members)
- Participation in all group fitness classes (not available to pool-only members)
- Use of the swimming pool for lap-swimming and class participation
- Participation in outdoor wellness programs such as: croquet, lawn bowling, bocce ball, disc golf, horseshoes, activities on the lake and walking trails
- Complementary Meal Tickets (not available to pool-only members)
- Monthly newsletter

Types of Memberships:

- Living Well with RWC, Full Members
- Living Well with RWC, Pool-Only Members



Steps to Membership:

- You must be 60 + years of age
- Visit us and tour the facility
- Fill out all forms (Health History, Medical Clearance and Waiver)
- Have a fitness assessment
- If you are interested in taking a tour, please contact our Wellness Coordinator at (804) 438-4290

Additional Fee Based Services

- Personal Training
- Use of our Spa Services
- RWC at Home Care

RWC LIFE ENRICHMENT WELLNESS & FITNESS



Rappahannock Westminister-Canterbury
132 Lancaster Drive, Irvington, VA 22480
804 | 438 | 4000 info@rw-c.org www.rw-c.org



Rappahannock
Westminister-Canterbury

132 Lancaster Drive, Irvington, VA 22480 804 | 438 | 4000 info@rw-c.org www.rw-c.org

Living Well with RWC

Living Well with RWC allows for non - RWC residents to come enjoy the benefits of our wellness programs. The wellness program supports and provides senior members of the community with many different options to live a healthy lifestyle. We promote a fun environment, while helping individuals reach their healthy living goals. If you love to work-out with others and socialize, we have many opportunities for you. If you are a person who wants individualized attention, we can provide you with workout programs that you can follow with some instruction. For more of a one-on-one, full attention session, we have fee based personal training. If you would like to take a tour, please do not hesitate to call the Wellness Coordinator at (804) 438-4290. We look forward to seeing you in our program soon!



International Council on Active Aging ©
The Seven Dimensions of Wellness

Mission Statement

RWC is a church-related, continuing care retirement community committed to providing the highest quality living experience for senior adults. Our mission as a wellness program is to have a well-rounded program that takes care of your individual wellness needs. We are focused on giving great customer services, with a friendly atmosphere. We feel that to address personal wellness one must consider the person as a whole, not just a single part of them. This is illustrated by the Seven Dimensions of Wellness.

Consider a Membership

The Living Well with RWC program has a wonderful staff of professionals that are here to help you succeed at living an active lifestyle. The Living Well with RWC Program is a member of the Medical Fitness Association.

Our Fitness Specialists hold undergraduate degrees in Exercise Science and certifications from organizations such as the National Strength and Conditioning Association, American College of Sports Medicine and many other similar organizations. The Fitness Specialist will be there to help design a personalized exercise program and to help you choose the right exercise classes to attend. If you for some reason have to do Physical Therapy, Cardiac Rehab, are recovering from an illness or any other issue they will be there to help you transition back to a wellness program.

Our Group Exercise Instructors will be there to provide a great social atmosphere, along with leading the classes in a safe manner and for activities of daily living. The Group Exercise Instructors have certifications to teach Yoga, Tai Chi, Water Fitness, and Parkinson's exercise.

Group Exercise Classrooms



Fitness Center



Outdoor Wellness



Indoor Heated Pool

