



Discover
Living Well
at **RWC**

Welcome

Welcome to the **Living Well** program at Rappahannock Westminster-Canterbury (RWC), where we wholeheartedly embrace our mission to elevate the quality of life for senior adults. As a church-related, continuing care retirement community, we are dedicated to crafting an exceptional living experience tailored to the unique wellness needs of each individual.

At the core of our mission lies a commitment to delivering unparalleled customer service within a warm and welcoming environment. We firmly believe that true personal wellness cannot be achieved by isolating individual aspects of a person but rather by nurturing the holistic well-being of every individual.

The logo for Rappahannock Westminster-Canterbury (RWC) is a light blue circle containing the letters "RWC" in a bold, dark blue, sans-serif font.

RWC

132 Lancaster Drive
Irvington, VA 22480
804-438-4000
rw-c.org

A photograph of four seniors (two men and two women) standing on a paved path in a wooded area. They are all smiling and holding walking sticks. The man on the far left is wearing an orange shirt and green pants. The man next to him is wearing a light blue shirt and khaki pants. The man on the far right is wearing a white polo shirt and khaki shorts. The woman on the far right is wearing a pink sweatshirt and black pants. The background is filled with green trees and foliage.

Program Overview

Living Well at RWC extends an open invitation to not only RWC residents but also to the wider community, offering access to a wealth of wellness programs designed to support senior members in their pursuit of a vibrant and healthy lifestyle. We create an environment that emphasizes enjoyment, making the journey towards healthier living an engaging and fulfilling experience. Whether you thrive in group workouts and social interactions or prefer a more personalized approach, we cater to your unique preferences.

For those who prefer group activities and socializing:

- Numerous group exercise classes available.
- Opportunity for camaraderie while working towards wellness goals.

For those seeking a personalized approach:

- Dedicated team offering tailored workout programs with expert guidance.
- Fee-based personal training sessions for individualized experiences.

What sets the **Living Well** at RWC program apart is our exceptional team of professionals who are

passionate about helping you succeed in your journey toward an active and fulfilling lifestyle. We take pride in being a member of the prestigious Medical Fitness Association, and our Fitness Specialists boast undergraduate degrees in Exercise Science and certifications from esteemed organizations like the National Strength and Conditioning Association and the American College of Sports Medicine, among others. They are here to collaborate with you in crafting a personalized exercise regimen and guiding you in selecting the most suitable exercise classes.

Comprehensive Support

- Beyond promoting overall well-being, we provide support for physical therapy, cardiac rehabilitation, and recovery from health-related challenges.
- Our compassionate team is here to help you transition seamlessly into a wellness-focused lifestyle.

Welcome to the **Living Well** program at Rappahannock Westminster Canterbury, where your journey to optimal health and well-being is our utmost priority. Together, we'll embark on a path to a more active, fulfilling, and vibrant life.

Life Enrichment Center

RWC's Life Enrichment Center opened with much fanfare in 2017. The \$4.5 million 18,000-square-foot, state-of-the-art facility includes an aquatics area, exercise classrooms, fitness equipment, locker rooms and community spaces. The Center also will house multipurpose space to support a wide variety of resident interests.



Included in the Living Well Program

- Initial fitness assessments
- Customized exercise program
- State-of-the art equipment
- Group fitness classes
- Indoor heated swimming pool
- Instruction from certified fitness professionals
- Fit to Move class for those with Parkinson's disease
- Participation in outdoor wellness programs such as cornhole, shuffleboard, croquet, disc golf, activities on the lake and walking trails
- Monthly newsletter



Requirements of the Living Well Program

- You must be 60+ years of age
- Sign and submit RWC participation waiver form.
- Complete health history questionnaire and fitness assessment by fitness specialist.
- Submit a medical clearance form (IF NECESSARY) by physician.



Operating Hours

- Monday–Friday 7:30AM–4:00PM
- *Living Well members are eligible for a wellness name badge granting them access to the wellness areas within the RWC community. Members who utilize these spaces outside of regular operating hours must take personal responsibility for their own wellness and safety.





Group Classes

Our Group Exercise Instructors are dedicated to creating a vibrant social atmosphere while ensuring the safe and effective delivery of our classes, which are designed to enhance daily life activities. Our certified instructors specialize in teaching a diverse range of disciplines, including Yoga, Tai Chi, Water Fitness, and more. Among our most popular classes is our Strength and Balance program. Additionally, we provide exciting options and other innovative classes to infuse freshness and fun into your fitness journey, igniting new interests along the way.



Individual Exercise

Embark on your fitness journey with the assurance of professional exercise supervision and a tailored program that will propel you toward specific functional fitness goals. Our approach is versatile, accommodating transitions from physical therapy, recovery from injury, or managing illness.

Your journey begins with a comprehensive fitness assessment, allowing us to precisely tailor a customized exercise program uniquely suited to your needs and objectives. We are committed to empowering you to reach and exceed your wellness aspirations.

To get a copy of the current class schedule please reach out to **Macey Augst** at 804-438-4290 or maugst@rw-c.org.

Fitness Levels/Class Descriptions

	Level A	Level B	Level C	Level D
Physical Ability	Individuals that rely on a walking aid and/ or for a first-time exerciser, seated-class format.	Individuals who lead a physically active life most of the time, seated and standing class format.	Individuals who participate in vigorous physical activity, most days of the week, standing with some seated class format.	Individuals who participate in vigorous physical activity, who can stand for long periods of time and can get on and off the floor.
Strength & Balance Classes		Class will focus on improving strength, balance and flexibility and take place both in and out of a chair. Hand weights and body weight will be used in class.	Class will focus on improving strength, balance and flexibility and take place both in and out of a chair. We will use hand weights, exercise bands and your own body weight for resistance.	Class will be standing and on floor exercises that will help your strength, balance and abdominal strength. The maximum number of participants for this class is 8 currently because of space.
Pool Area Activities	Water Walking – Class will focus on walking forward, backwards and sideways; using regular, short, long or quick steps in chest deep water. The water will create a natural resistance to work your muscles and protect your joints at the same time.	Aqua Fitness Aerobics – Class will focus on strength, balance, flexibility and cardiovascular endurance. We will use delta bells, kick boards and pool noodles. 		
Yoga/Tai Chi		Chair Yoga – This gentle yoga practice will be performed seated with some standing postures using the chair for support.	Tai Chi – Class will help with balance, flexibility, muscular strength and coordination. This art form originated in China and the style of class that is taught is Sun Style. Sun Style is an upright style of Tai Chi, with one foot moving forward or backwards and the other foot follows	
Specialized Programs	*Fit to Move – Class is specifically designed for individuals with Parkinson’s disease. (All Parkinson Support Classes are free and open to the community.)			





Program Pricing

	Single	Couple	Notes
Monthly Membership: All-Inclusive Membership	\$50	\$65	Requesting a hold must be submitted by the 15th of each month. Holds longer than 90 days will result in a cancelled membership and one-time fees will apply to reactivate.
Annual Membership	\$500	\$650	- You may NOT request a monthly hold (vacation or illness). - Membership Cancellation – NO refunds on remaining months on membership.
Personal Training	\$30.00 for 30 minutes \$60.00 for 60 minutes		- You MUST make an appointment a day in advance.* - Be timely. Minutes late will come off your training session. Members who need to be dropped off and picked up must be retrieved in a timely fashion.*
Payment Methods			Community members will be charged via automatic debit (checking/savings account), check, or credit card.





I have been participating in the water aerobics program for over a year now. I can feel a real difference in my strength and stamina. The instructors are excellent and are personable, which makes it very enjoyable! I miss it when I cannot attend!

Rhea T.
Living Well member

Live well!



RWC

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You can find us on Old Salem Road, just across from the Golden Eagle. For a virtual tour of our Life Enrichment Center and to discover more about the Living Well program at RWC, please visit our website at rw-c.org/livingwell.



HEALTH HISTORY

DEMOGRAPHIC INFORMATION

NAME: Last _____ First _____ Date _____
MI _____
Phone # _____ Cell # _____ Email _____
Age _____ Gender _____ Height _____ Weight _____
Address _____
Date of Birth _____ SSN # (Last 4) _____
Emergency Contact _____ Phone # _____
Physician _____ Phone # _____

CHECK ALL THAT MAY APPLY

- | | | |
|--|--|---|
| ☐ Heart disease | ☐ Elevated cholesterol levels | ☐ Kidney dysfunction |
| ☐ Heart attack | ☐ Smoke | ☐ Colitis |
| ☐ Cardiac surgery | ☐ Obesity | ☐ Anemia |
| ☐ Heart murmur | ☐ Diabetes | ☐ Rheumatic fever |
| ☐ Stroke | ☐ Back pain | ☐ Multiple sclerosis |
| ☐ Chest pains | ☐ Arthritis | ☐ ALS |
| ☐ Peripheral vascular disease | ☐ Joint pain | ☐ Parkinson's |
| ☐ Asthma | ☐ Osteopenia | ☐ Incontinence |
| ☐ High blood pressure | ☐ Cancer | |

Please write in detail about anything above or any other condition you may have including operations and hospitalizations.



Rappahannock
Westminister-Canterbury

PARTICIPATION WAIVER

I acknowledge and understand that there are risks involved with an exercise program to include but not limited to cardiovascular complications, stroke, muscle strain and soreness and injury. Knowing these and other risks exist, I voluntarily agree to participate in and abide by the guidelines, policies, and procedures applicable to the use of the Fitness Center, Swimming Pool, Group Fitness, and outdoor wellness programs.

By signing below, I release Rappahannock Westminister-Canterbury and associated personnel from any responsibility or liability for any injury or health consequences that may result from my participation in group fitness classes, use of the Fitness Center, swimming pool and outdoor wellness programs.

By signing below, I state that I am free of any medical condition that presents exercise as a contradiction. If my medical condition changes that could affect my participation in the fitness program, I acknowledge the responsibility to obtain a current medical clearance form and to notify the Fitness Center staff immediately to seek assistance with adapting my program accordingly.

Name (Please print)

Date

Signature

Please return this form to the Life Enrichment Center. If you have any questions please reach out to Macey Augst at 804-438-4290 or maugst@rw-c.org



Rappahannock
Westminister-Canterbury

MEDICAL CLEARANCE FORM

PATIENT: _____ DOB: _____

Dear Doctor,

Rappahannock Westminister-Canterbury has developed a comprehensive wellness program. Participants will be able to attend group fitness classes emphasizing cardiovascular endurance, muscular strength and endurance, flexibility, and balance. Participants may also utilize strength training and cardiovascular equipment in the Fitness Center. Participants may use our swimming pool and participate in group water fitness classes. All instruction will follow the American College of Sports Medicine and National Strength and Conditioning Association guidelines and oversight will be provided by trained and certified instructors. Individual fitness assessments will be conducted.

Participants are also welcome to participate in outdoor fitness activities such as Disc Golf, Horseshoes, Bocce Ball, Croquet and Lawn Bowling. Walking groups and use of Exerstrider Nordic walking poles will also be offered.

Please initial the box that reflects your wishes for the patient named above, write any comments, then **sign, date and return this form** to the contact person indicated below. Please only disclose medical information about the patient pertaining to exercise.

_____ I concur with my patient's participation with **no restrictions**.

_____ I concur with my patient's participation in this program with the **restrictions listed** below.

_____ I **do not** concur with my patient's participation in this program. My justification is indicated below.

Comments:

Doctor's Name (Please print)

Date

Doctor's Signature

Please return this form to the Life Enrichment Center. If you have any questions please reach out to Macey Augst at 804-438-4290 or maugst@rw-c.org



Rappahannock
Westminister-Canterbury

AUTHORIZATION AGREEMENT FOR AUTOMATIC DEBIT

Rappahannock Westminister-Canterbury • 132 Lancaster Drive • Irvington, VA 22480

I (we) hereby authorize Rappahannock Westminister-Canterbury, Inc., hereinafter called COMPANY, to initiate debit entries, or to initiate, if necessary, credit entries and adjustments to my _____ Checking, or, _____ Savings account indicated below and the depository named below, hereinafter called DEPOSITORY, to debit my account for withdrawal of funds and to credit my account for deposit of funds.

Depository Name

Branch

City

State

Zip

Transit/ABA No.

Account No.

The authority is to remain in full force and effect until COMPANY and DEPOSITORY have received written notification from me (or either of us) of its termination in such time as to allow COMPANY and DEPOSITORY a reasonable opportunity to act on my request.

Name (Please print)

Date

Name (Please print)

Date

Signature

Signature

PLEASE ATTACH VOIDED CHECK OR WITHDRAWAL SLIP HERE

Please return this form to the Life Enrichment Center. If you have any questions
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My wife and I have been Living Well members for several years. We have found that it is the key to good physical health at our age. It has helped me immensely with arthritis and associated back problems and my wife loves the lap swimming. I love the staff who guide us in our water aerobics and other activities as they are quite skilled and interested in our activities with them. Living Well is a very important part of our retirement lives.

Morris D.

Living Well member

Join us today for a
HEALTHIER
tomorrow!



Rappahannock Westminister-Canterbury
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