

The Wellness Center

The staff at the Hemsworth Wellness Center will design a personalized fitness program in line with the resident's abilities.

Our team is focused on improving the ability to improve activities of daily living through strengthening, balancing, and flexibility exercises.

One-on-one fitness instruction is available.

The Hemsworth Wellness Center offers a wide range of equipment specifically designed for older adults.

This includes:

- Keiser resistance equipment
- NuStep machines
- Various bikes (recumbent, upright, spinning, and virtually interactive bikes)
- Treadmills
- Elliptical machines
- Seated upper body machines
- Hand weights
- Medicine and stability balls
- Balance training mats
- Resistance bands
- And much more!

Wellness Classes Schedule

All guided wellness classes take place in the Assembly Room.

Monday 1:00pm Tai Chi	Thursday 10:00 am Chair Yoga
Tuesday 10:00 am Chair Yoga 11:00am Energize	11:00am Energize 1:00pm Tai Chi





Wellness Center Hours

Monday - Thursday
7:00am - 4:00pm
Pool closes at 3:00pm

Friday
7:00am - 3:00pm
Pool closes at 2:00pm

Saturday & Sunday
Closed

Get In Touch With Us

-  513-782-4340
-  dherrera@mkcommunities.org
-  11100 Springfield Pike
Cincinnati, OH 45246
-  www.mapleknoll.org

YOU'RE IN GOOD HANDS

Our instructors are certified by various organizations including: the Aquatic Exercise Association, American Red Cross, Aquatic Therapy and Rehab Institute (ATRI), and the National Swimming Pool Foundation (CPO)



HEMSWORTH WELLNESS CENTER

The Hemsworth Wellness Center is dedicated to the overall health and well-being of it's members.

We emphasize a whole-person approach to personal health by encouraging residents to develop, improve, and balance their entire well-being.

The Warm Water Pool

The warm-water pool features a shallow-graded depth allowing you to feel comfortable in our aquatic programs without fear. The pool also includes a set of wide, low-rise steps with a handrail and a chair lift for easy access.

Below you will find a list of scheduled pool classes. In addition to scheduled classes, residents have the ability to workout independently and have access to aquatic equipment such as aquatic dumbbells, balance beams, and hydroids.



Monday <u>10:00am</u> Aqua Aerobics <u>11:00am</u> Slow Flow	Wednesday <u>10:00am</u> Aqua Aerobics <u>11:00am</u> Slow Flow <u>1:00pm</u> Ai Chi
Tuesday <u>10:00am</u> Aqua Aerobics <u>1:00pm</u> Water Volleyball	Thursday <u>10:00am</u> Aqua Aerobics
Friday	
<u>10:00am</u> Aqua Aerobics	<u>11:00am</u> Slow Flow

Amenities

- CP Cheers Pub
- LB Library
- MS Mane Street Hair Salon
- WC Hemsworth Wellness Center
- SC Spiritual Life Office
- WV Weaving Room
- WS Woodshop
- KV WMKV 89.3 & 89.9 FM Studios

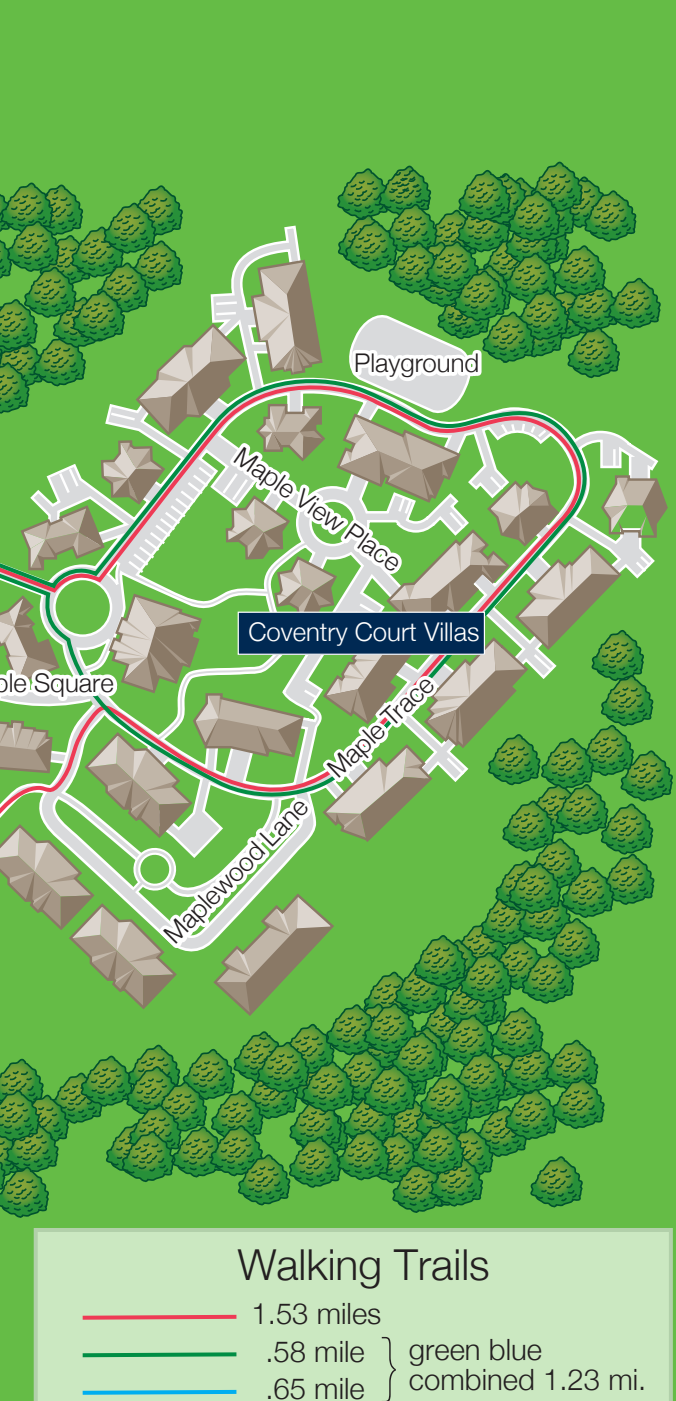
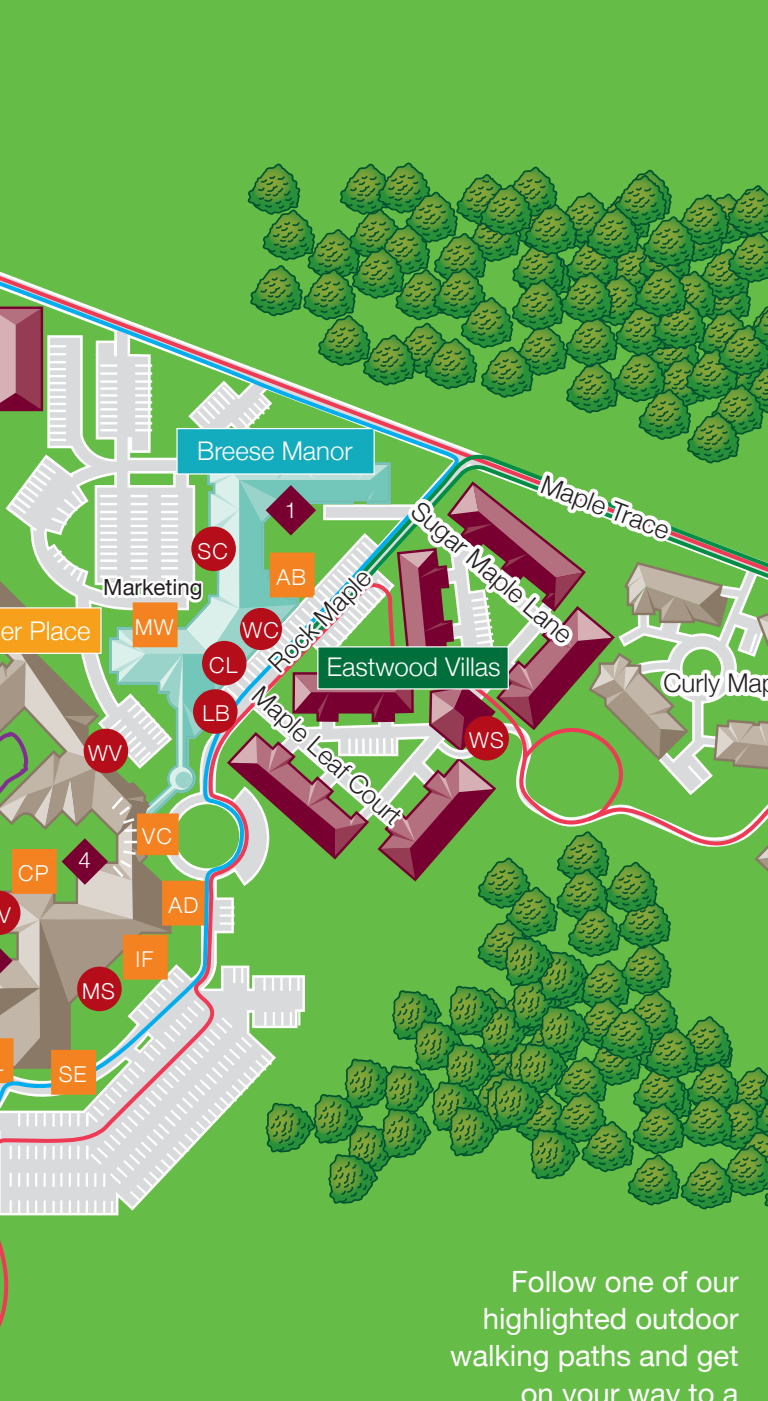
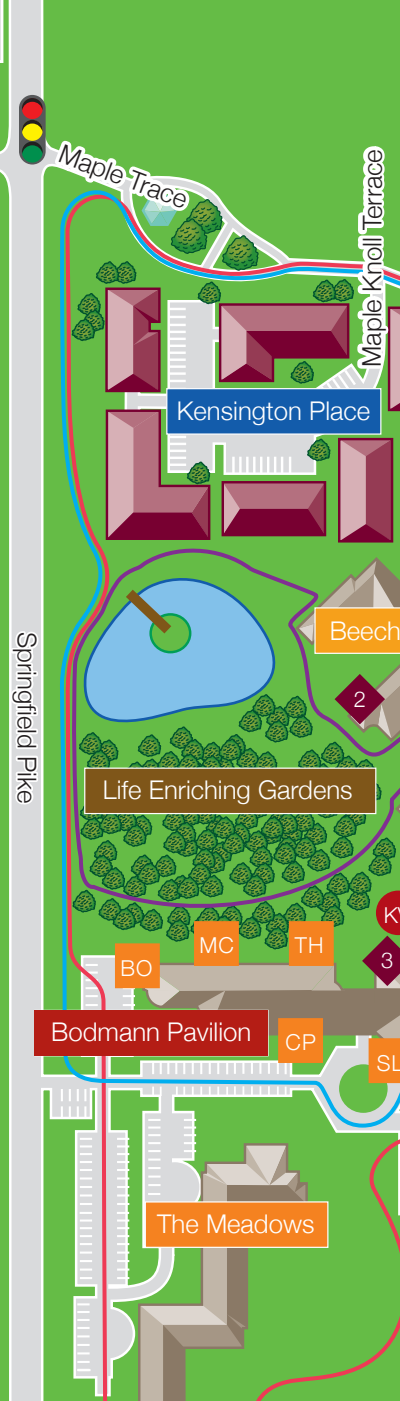
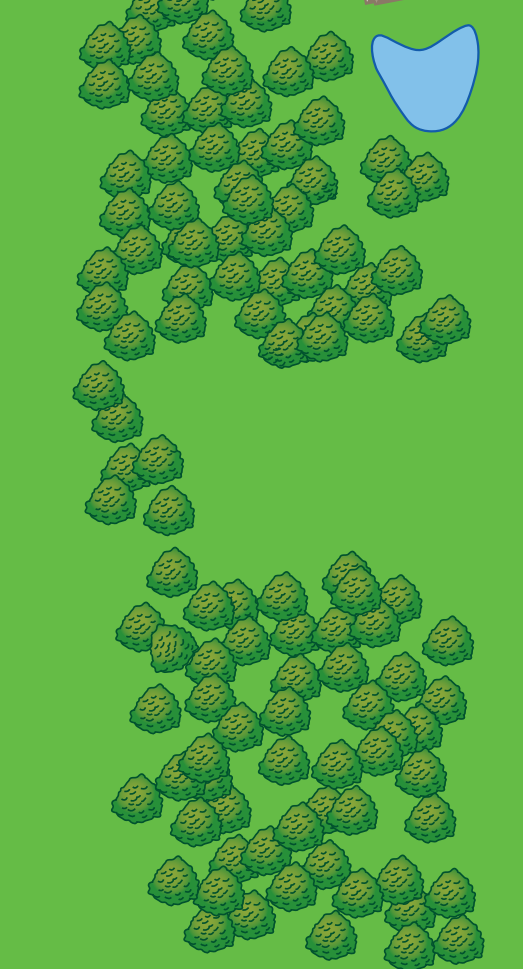
Locations

- AB Assembly Rooms A & B
- AD Auditorium
- CP Chapel & Tranquility Garden
- HH Village Home Health & Hospice
- IF Information & Administration
- BO Maple Knoll Business Office
- CL Maple Knoll Clinic
- MW Marketing & Welcome Center
- MC Montessori Child Center
- OS Outreach Services For Seniors
- TH Therapy
- SE Security Office
- SL ServUs Lab
- GC UC GEC
- VC Village Center

Dining Options

- 1 Breese Manor Dining Room
- 2 Beecher Place Dining Room
- 3 Bistro on the Green
- 4 24-Hour Market on Main

Maple Knoll
Professional Building



Follow one of our
highlighted outdoor
walking paths and get
on your way to a
healthy lifestyle!

Walking Trails

- 1.53 miles
 - .58 mile
 - .65 mile
 - .35 mile
- } green blue
combined 1.23 mi.