



**thehemsworth**  
WELLNESS CENTER

**The Hemsworth Wellness Center**

Located on the campus of Maple Knoll Village  
11100 Springfield Pike, Cincinnati, OH 45246  
Tel: 513.782.4340 [www.mapleknoll.org](http://www.mapleknoll.org)

**Senior**   
**Fitness**

a specialized fitness program of Alliance Rehab, Inc.



live life

The Hemsworth Wellness Center  
on the campus of Maple Knoll Village

The Hemsworth Wellness Center on the campus of Maple Knoll Village is dedicated to the overall health and well being of its members. We emphasize a whole-person approach to personal health by encouraging you to develop, improve and balance your well being. The program is designed and managed by SeniorFITness™ and is specialized for older adults.

### A Personal Approach

SeniorFITness™ will design a personalized fitness program to meet the abilities of each participant, with special attention given to those seniors under medical care. Our team is focused on improving the ability to perform activities of daily living through a wide range of strengthening, balancing and flexibility exercises. We offer one-on-one fitness instruction on specially designed friendly fitness equipment to ensure a safe and effective workout.

### SeniorFITness™ at Maple Knoll Village offers:

- Customized fitness programs
- Initial, quarterly and annual assessments to measure progress
- Specialized equipment for the older adult
- Programs supervised by an Exercise Physiologist
- Specialized fitness classes/programs

### Measuring Results

We provide an all-inclusive Fitness Outcomes Measurement System to track the overall success of the program within a facility and the success of every participant. Every training session is supervised and recorded for safety and compliance. A progress report is generated and discussed with each participant to provide motivation and guidance. Physician progress reports are generated for those under medical care. At the Hemsworth Wellness Center we focus on you and help you Live Life!

The Hemsworth Wellness Center is open to any adult 50 years of age or older. Please call for membership information 513.782.4340

### Hours of Operation

Monday - Thursday: 7:00 a.m. to 5:00 p.m.  
Friday: 7:00 a.m. to 3:00 p.m.  
Saturday: 8:30 a.m. to 12:30 p.m.