



Tevin Thorpe
Fitness Specialist

Tevin has been actively training and coaching for more than 10 years. He lettered in football and track in highschool, and went on to get a degree from Campbell University in exercise and sports science. He is a certified Exercise Physiologist.



Taryn S. Young, RYT 200
Fitness Specialist

Taryn is an Integrative Wellness Practitioner with more than 25 years experience. She blends her extensive movement background with her training in fitness, stress mastery, and mind/body techniques to offer innovative, nourishing, self-care practices for both the individual and small groups. Her certifications include: Registered Yoga Instructor, Health Coach, Functional Training Specialist, Brain Health Trainer, Stress Mastery Educator, MELT Method®, Neurosensory Specialist, Sound Healing, Transformation Meditation and Reiki I.



Melissa Markey
Director Wellness

Melissa has been part of our fitness program since 2008. She currently serves as Director Wellness. In her role, she oversees the daily operations of the wellness department, managing staff, programming, equipment, and facilities to ensure a comprehensive wellness experience for residents, visitors and employees. Melissa is responsible for the planning and implementation of aquatic, fitness, and wellness initiatives, and is committed to delivering high-quality, engaging services. She holds a BA in Health Care Administration from Mary Baldwin College and possesses multiple certifications in senior fitness.



Let's Get Started

Your Wellness Team is excited to meet you and show you around the Vital Living Center! Whether you're just starting your fitness journey or looking to maintain your active lifestyle, we are here to help you feel your best every day.

CALL 264-6569 to schedule a Fitness and Aquatics Center Orientation and complete the paperwork. Signed paperwork is required before use of facilities.

After orientation and paperwork are complete, you are invited to join us for any of our offerings or make use of the facilities on your own. Regularly scheduled classes do not require registration. Classes close to admittance once they reach capacity.

FITNESS CENTER
OPEN 24/7

AQUATIC CENTER
OPEN 7 DAYS A WEEK

Supervised:

Monday - Friday, 8 a.m. - 3:30 p.m.

Unsupervised:

Daily from 6-8 a.m. and 3:30-8 p.m.

Wellness

SERIES



Group Exercise Classes

BALLROOM DANCE

MON.: 1-2 P.M., STUDIO B

BALLROOM LINE DANCE + CHAIR

MON.: 2-3 P.M., STUDIO B

HATHA YOGA

MON.: 5:15-6 P.M., WED.:
3-3:45 P.M., STUDIO C

MORNING PRACTICE

MON., WED., FRI.: 7:30-8 A.M., STUDIO C

STRENGTH L-1

MON., WED., FRI.: 8:30 - 9 A.M.
and 9:15 - 9:45 A.M., STUDIO B

STRENGTH L-2

MON., WED., FRI.: 10 - 10:30 A.M., STUDIO B



YOGA SCULPT

MON., WED., FRI.:
9-9:45 A.M., STUDIO C

NEUROSTRONG

MON., WED., FRI.:
10:45 - 11:15 A.M., STUDIO B

FITNESS CENTER CIRCUIT

MON., WED: 1:30-2:15 P.M.,
FRI.: 9-9:30 A.M., FITNESS CENTER

CARDIO BLAST

TUE.: 8-8:30 A.M., STUDIO B

CHAIR VOLLEYBALL

TUE.: 2:30-3:30 P.M., STUDIO A

YOGA BLEND

TUE., THU.: 9-9:45 A.M., STUDIO C

BALANCE

TUE., THU.: L- 1: 9-9:30 A.M.
and 9:45 - 10:15 A.M.,STUDIO B

FALL RECOVERY & PREVENTION

TUE., THU.: 10-10:45 A.M., STUDIO C

MAT PILATES

TUE., THU.: 10 - 10:45 A.M., STUDIO A

CHAIR YOGA

TUE., THU: 11-11:45 A.M., STUDIO C

STRENGTH

TUE., THU.: 1:30-2:15 P.M., STUDIO B

CARDIO DRUMMING

WED.: 10:45-11:15 A.M., STUDIO A

ZUMBA GOLD®

THU.: 8-8:30 A.M., STUDIO B

Aquatics Classes

AQUA HITT

MON., FRI.: 10 - 10:30 A.M., LAP POOL

H2O PUMP (shallow water)

MON., FRI.: 10:30 - 11 A.M., EXERCISE POOL

AQUA MOVE

TUE., WED., THU.: 9 - 9:30 A.M., EXERCISE POOL



AQUA NEUROBICS

TUE., THU.: 2:30 - 3 P.M., EXERCISE POOL

CALM CURRENTS

WED.: 10:30 - 11 A.M., EXERCISE POOL

WATER VOLLEYBALL

WED: 1-2 P.M. ALL ARE WELCOME

RESIDENT OPEN SWIM

MON. - FRI., 8 A.M. - 3:30 P.M.

Special Offerings

Details about these offerings will be shared through MyWCR
and *The Westminster Canterbury Tales* as program dates approach.

WELLNESS BRAINS and BALANCE

MATTER of BALANCE WORKSHOP

QI GONG • SOUND BATH

EDUCATIONAL LECTURES

Meet Your Team



Andrea Bilodeau

Aquatics Specialist

Andrea has 12 years experience in aquatics starting as a lifeguard and swim instructor through the YMCA. Over the years she has risen to head lifeguard, head of aquatic programming, and aquatic director before becoming a personal aquatics coach for those with special needs and considerations. Andrea leads our group aquatics programs and works one-on-one with residents to create and achieve realistic goals in the water.



Kate Hetrick

Fitness Specialist

Kate graduated with a BA in Fashion Merchandising from Virginia Commonwealth University before finding her passion for wellness. She has been a Group Exercise Instructor for eleven years and pairs great music and high energy with fun, safe and challenging workouts. Modifications ensure everyone is included. Her certifications include: Fitour Group Exercise Instructor, Zumba Basic and Gold, Les Mills BodyPump and Functional Aging Group Exercise Specialist.



Patti Pickering

Fitness Specialist

Patti has more than 30 years experience in the field of fitness, with more than 20 years working at Westminster Canterbury. She instructs group exercise classes and uses her extensive training and certifications to work one-on-one with residents battling health decline. Her speciality is assisting residents, especially those post therapy, to build core stability, joint mobility and range of motion, while strengthening the skeletal frame to enable them to once again move without pain. Her certifications include: Pilates, Personal Training, Medical Exercise Specialist and Health Coach.