

Bermuda Village LifeFit Program

The LifeFit Department aims to assist Bermuda Village residents in their quest for continuing good health and fitness. Residents may contact the LifeFit Department at 336-998-6774 to set up an appointment for a tour of the facilities and program orientation.



Exercise Classes

The LifeFit Department offers a varied exercise class program designed for different ability levels and conducive to cross training opportunities.

Water Aerobics

Moderately paced, easy on joints, followed by strengthening and stretching exercises.

Stretch and Tone

This class is designed for those who like to move to music. A challenging, low-impact workout incorporating weight bearing exercise to increase muscle strength and bone density. Improved cardiovascular capacity and flexibility.

Chair Class

This class is designed for those who may be somewhat physically restricted. Participants are seated throughout the class. Low stress on joints, increased muscle strength and stretching to increase flexibility and range of motion.

Gentle Pool

This is an aquatic class designed to help those with limited movement due to arthritis and lower orthopedic problems. The focus is on muscle strengthening and increased flexibility.

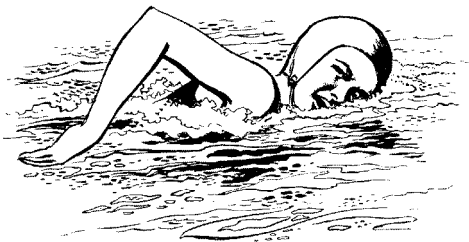
Golf Conditioning

This class is specific to conditioning the muscles used in golf. It is geared towards the Bermuda Village athlete who is interested in improving muscle strength, range of motion, endurance and their game!



Stop by the LifeFit Department to receive the most current exercise class schedule.

LifeFit Recreational Activities



- Indoor/Outdoor Putting Tournament
- Table Tennis Tournament
- Shuffleboard Tournament
- Croquet Tournament
- Billiards Tournament
- Bermuda Village Olympics

Monthly LifeFit Lectures/Sports Outings

Bermuda Village residents have the opportunity to attend health and wellness lectures on exercise, nutrition, medical topics and more! Residents may attend a fun filled day or evening at a local sporting event such as the Winston-Salem Warthogs Baseball games or Wake Forest Basketball games just to name a few!

LifeFit Facilities

Synthetic 18-Hole Putting Green
Heated Indoor Pool
Outdoor Pool
Championship Golf
Tennis Complex
Croquet Course
Shuffleboard Court

Table Tennis
Billiards Table
Mirrored Exercise Room
Exercise Equipment Room
Trotter Treadmills
Schwinn Air-Dyne Bicycles
Arm Ergometer
Nordic Track

Hand Weights
Locker Facilities
Showers
Dressing Rooms
Sauna Rooms
Steam Baths
Hot Tub

LifeFit Staff

Lisa O'Donnell, LifeFit/Activities Program Director
B.S. in Exercise & Sport Science & Biology
CPR/First Aid Certification
AAI Certification

