



THEME **Workout Space**

VISION

An intergenerational space for fitness/health activities.

Key Elements:

- Traditional gym equipment such as weights, cardio equipment, fitness classes, change rooms with showers and a sauna
- Senior-specific (ages 50+) programming offered by trained staff
- Outdoor activity areas (ex. A pickleball court)
- Music (possibly live music) and dance classes
- Elixir bar featuring healthy drinks



WHY IT MATTERS

- Healthy bodies, minds, and social connectedness contribute to a healthier community overall
- Functional strength and mobility aids in fall reduction
- Increased populational health relieves healthcare strain, and could lead to decreased hospitalizations



GETTING STARTED

- Acquire a minimum space of 4,500 square feet
- Obtain funding, grants, investors and donations
- Understand regulations
- Research similar workout spaces to gain insight on design, programs and space
- Identify potential trained staff/fitness professionals



REQUIRED RESOURCES

- Appropriate space
- Well-trained staff/fitness professionals
- Volunteers
- Wide variety of class offerings
- Quality fitness equipment
- Mirror and barre
- Health spa amenities



AVAILABLE RESOURCES

- Current fitness facility at the Algonquin hotel (small and expensive)
- Possibly a gym or fitness professional courses at NBCC
- Gym at Anchor's Landing
- Kiwanis Club proposal for outdoor equipment
- The Passamaquoddy Lodge 'Community Hub' space



CONSIDERATIONS

- Veterans could also benefit from access to a gym/health spa
- Fitness facility could contribute to a healthy workforce
- Accessible/affordable transportation
- Accessible/affordability of the space



MOVING FORWARD

- Pursue potential community partners ("Available Resources" sections above)
- Research similar workout spaces to gain insight on design, programs and space
- Identify local trained fitness and spa service personnel

- Partner with other potential program providers (music, dance, sports)
- Seek out possible transportation services

