

Valdese Recreation Center

Fitness Center & Pool

SS Circuit: (SilverSneakers) Designed for the senior that needs more cardio w/strength training

SS Classic: (SilverSneakers) Designed specifically to address the needs of older adults to improve agility, balance, coordination and strength. Can be done standing or seated.

SS Yoga: (SilverSneakers) Older Adult group exercise class that specifically targets flexibility, range of motion, balance and mind-body integration. Can be done standing or seated.

- The Valdese Aquatics and Fitness Center provides recreational and exercise facilities for members and walk-in visitors on a year-round basis. Nearly one thousand people signed up for membership within the first eighteen months.
- The pool is twenty-five yards long, with ten lanes for swim meets or lap swimming. It is enclosed from October through May to allow for year-round swimming. In warm months, the cover is removed, allowing you to tan as you swim.
- The fitness center features Cybex "nautilus-style" weight training equipment, dumbbells, stair-steppers, treadmills, recumbent and traditional exercise bikes, and ellipticals. Anyone needing assistance with the machines can call on a full-time attendant to explain how everything operates.
- A number of classes, including: yoga, aerobics, water aerobics, and step aerobics are offered for a small fee. All classes are led by certified instructors. The Jimmy C. Draughn Aquatics and Fitness Center provides recreational and exercise facilities for members and walk-in visitors on a year-round basis.

