

WHY US

We share a community-wide commitment to your physical, emotional, social, intellectual, spiritual and vocational wellness.

There's something for everyone at Friendship Haven. Our beautiful, state-of-the-art Wellness Center features a swimming pool, cardio/strength workout room, and group exercise classes and trained staff to help you be your best.

HEALTH IS
A STATE
OF BODY.
WELLNESS
IS A STATE
OF BEING.



Call Now!
515-573-6270

wellness@friendshiphaven.org
712 Kenyon Road, Fort Dodge

WHO WE ARE

Wellness Coordinator, Liz Flattery, has earned certifications in Merrithew TotalBarre, Stepping On: Fall Prevention Workshop Leader, Tai Chi for Fall Prevention, Arthritis Foundation Aquatic Programming and is an Aquatic Fitness Professional with the Aquatic Exercise Association. She holds a 200 hour registered yoga teacher license and many hours of continuing education.

Andrea Doster - Wellness Assistant, joined Friendship Haven Wellness in July 2014. In the past five years at Friendship Haven, Andrea has earned certificates with 200H RYT, TotalBarre Instructor, ACE Health Coach, SilverSneakers and Silver & Fit Instructor, AEA Certified Swim Instructor, CPR and ISU Extension & Outreach Master Gardener.

Kourtney Condon- Wellness Assistant, joined the Wellness Team after graduating from Iowa State University in May 2019 with a Bachelor of Science in Kinesiology. Kourtney is building her credentials by taking continuing education classes and will become a Rock Steady Boxing Coach for Parkinson's at the end of January.

Jacqueline Mitchell-Hood - Yoga Instructor Jackie joined the Wellness Team in August 2018. After practicing yoga for over 26 years, she decided to become a 200H RYT instructor and share this beautiful healing practice with others. She is excited to continue her education in Trauma Informed Yoga Therapy and Somatic Movement Yoga in 2020.

Mindy McColley- Line Dancing Instructor, joined the Friendship Haven Wellness Team in April 2019. She has a passion for dancing and makes for teaching line dancing a joy. Come and kick up your heels with us!



STAY FIT

NOT STILL

WELLNESS

at
Friendship Haven



GET STARTED

You don't need to be a resident of Friendship Haven to take advantage of this awesome wellness opportunity! Community memberships are now available for individuals 55 and over to enjoy a comfortable, safe and clean environment to work out and enjoy the friendships and memories made!

PRICING

\$45 PER MONTH
UNLIMITED CLASSES

\$60 PER MONTH
FULL INDIVIDUAL
MEMBERSHIP

\$90 PER MONTH
FULL COUPLE
MEMBERSHIP

**\$5 DROP
IN FEE**

CLASSES

AQUAEROBICS

Friendship Haven's higher intensity swim class combines cardiovascular, muscular and flexibility exercises for the entire body. This class is easy on your joints, but sure to give you a good workout!

STRENGTH & BALANCE

This 40 minute, low to moderate intensity class is a great way to improve your strength, balance, flexibility and coordination.

TAI CHI

Tai Chi originates from ancient China and is now practiced throughout the world as means to improve quality of life. The Tai Chi for Arthritis & Fall Prevention (TCA/FP) program is easy to learn, safe and effective. It is suitable for individuals of all fitness levels.

GENTLE YOGA

A slow, flowing yoga class that is welcoming to all. This class uses props and modifications to ensure a safe and comfortable practice. No previous yoga experience necessary. The majority of this class is done in a chair. We do not do floor work.

YOGA

Designed to improve strength, flexibility and balance through coordination of breath and movement, while deepening body awareness and relieving stress. This class will use props and modifications to ensure safe and comfortable practice. No previous yoga experience necessary.

AQUARTHRTIS

Comfortable and freedom of gentle movements in Friendship Haven's warm water pool. Helps create less pain and stiffness and better for the overall health.

TOTAL BARRE

Totalbarre combines strength training and cardio, burning fat and building muscle at the same time. Barre class may help to improve posture, muscle definition, weight loss, increase flexibility and reduce stress.

LINE DANCING

A fun, social exercise - sure to be a great aerobic workout! Friendship Haven's Line Dancing is a mixture of all varieties and styles. This class is suitable for those who are able to stand and move on their feet for long periods of time.