

Professional Trainer Kim Williams Helps Residents Stay Fit at Villa Gardens

One of the first people new residents meet when they move to Villa Gardens is Kim Williams, the community's director of fitness and aquatics. Upon their request, Kim connects with residents, offering them a full fitness assessment as well as making recommendations for classes and equipment.



Villa's fitness center, or as residents call it, Solarium Gym, recently underwent a complete renovation and boasts state-of-the-art exercise equipment, including resident favorite, the CyberCycle, a recumbent bicycle that features virtual reality cycling that is known to support brain health. Among other Gym upgrades are the latest in strength training machines and other cardio options, such as the SciFit elliptical, recumbent stepper and treadmill.

"My general recommendation is two to three days a week of strength training and 30 minutes a day of some kind of physical activity," Kim said. "I also try to point residents to classes that suit their fitness goals." The Solarium Gym and state-of-the-art Fitness Studio offer an array of fitness classes for every level, including Tai-Chi/Qigong, chair and floor yoga, aqua-fit classes and even sound bath meditation. For those looking for more of a challenge there's Power Hour, a movement oriented class, which uses light to medium weights. Team sports like Wii Bowling and table tennis are growing in popularity among Villa residents as well, according to Kim.

For residents with specific fitness goals, Kim, a certified personal trainer by the American College of Sports Medicine, offers one-on-one personal training.

Like everything at Villa, the fitness programs are continually evolving. Whether it's extending the hours for Wii Bowling or getting a second treadmill to accommodate increasing demand, Villa is continually fine tuning Gym offerings based on residents' preferences or interests.

"We moved the Fitness Center to the solarium so that residents could exercise facing the garden and enjoy the natural light coming in," Kim said. "It feels very inviting and based on the uptick of traffic through our doors, it seems like the word is getting out."