



Current Wellness Classes

Morning Mavericks: This class will help get you started exercising.

Second Childhood: If you enjoy your independence, then you'll love this class.

Balance Basics: For those that are looking to improve their balance, but don't know where to start.

Afternoon Fiesta: This class is a step up from our Morning Mavericks class in both intensity and number of exercises.

B/S (Balance/Strength): This class offers a chance to relax, stretch, and work on your balance.

Afternoon Siesta: This class offers a chance to relax, stretch, and work on your balance with a little more intensity than the B/S class.

Mid-Morning Masters: For those that have had an incident limiting their muscular function and range of motion.

Arthritis Aquatics: A gentle motion class done in an 88° pool to help with the pain and stiffness that comes with Arthritis.

Complimentary Cardio: A class designed to get the heart rate up and blood pressure down.



Wellness Center

Combining All Six Elements to become a regional center of excellence for care, and be known for its proven ability to restore its customers' strength, wellness, and quality of life.



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The Galeon Philosophy

We believe it is possible to change the way people age, and the way they feel about aging!

Wellness means consciously optimizing your health and well being through mind, body, and spirit. This is accomplished by integrating all six elements, which are; physical, mental, social, emotional, spiritual, and vocational. Together these elements give us wellness, but we must choose to work on them. Feeling good socially is just as much work as feeling good physically or mentally. Achieving Wellness can be challenging at times, but it can also be fun and very rewarding.

If we do not have wellness, many changes can occur in our lives. A lack of physical wellness can lead to frailty and dependence. A lack of social wellness can lead to isolation and depression. A lack of mental wellness can lead to cognitive deficits and dependence, and the list goes on and on. Wellness is the key to living the rest of your life **how you want to live it**, and not how someone else feels it should be lived.

Galeon Residents

We appreciate your choice to call Galeon your home and we encourage you to take advantage of the Wellness Program, *free of charge*. Current residents of West View, Terrace Heights, Manor Apartments, and BridgeWell are invited to join any of our classes, or schedule an appointment for an individual consultation.

Community Members

Non-residents of Galeon are also invited to become members of our Wellness Program. By joining you can access any of our classes and the Wellness Center, located just off Main Street in Osakis. This facility offers Arthritis Foundation Aquatic Programming, Massage Therapy, and “The Outlook” where you will be able to enjoy food and friendship. In the future, we are planning water volleyball and basketball leagues, open swim, a seminar series, and many other offerings.

So What’s In It For Me?

There are numerous health benefits of Wellness, such as sleeping better, body weight management, more energy, and being stronger, just to name a few.

As if the above benefits were not enough, you will receive an initial assessment and consultation, in order to determine your current level of ability and what goals you would like to accomplish. This process allows us to show you the progress you are making and update your program as necessary. You will also receive 2 complimentary one-on-one sessions to help become comfortable with the facility and equipment.

We are committed to offering challenging, safe, effective wellness programs to our residents, the community, and beyond. The definitions in this brochure will give you an idea of the different classes that we have. We invite you to come try one of these classes, or give us a call and set up an appointment to talk about your wellness.