

Fox Hill Fitness Program



Fox Hill offers a variety of complimentary fitness classes in our state-of-the-art Fitness Center featuring exercise equipment that is easy on your joints and comes equipped with an easy-to-use memory card system that tracks your workouts and progress. Explore our indoor heated pool, whirlpool and luxury spa which offers extraordinary spa treatments. Personal training programs are also available. In addition to all scheduled classes, the Fitness Center and pool are open and available for all Fox Hill owners to enjoy at their own leisure during the following times:

Fitness Center open 24 hours

Personal Trainers are on-site in the Fitness Center Monday to Friday 6:30 am - 3 pm

Pool open daily 8 am - 4 pm

Fitness Director

Anthony Absalon is a graduate of the University of Maryland with a Bachelor of Arts degree in Kinesiology. A specialist in personal training since 2007, he became Fox Hill's Fitness Director in 2009. Anthony provides fitness class instruction and personal training along with our other Fitness Specialists.





Fox Hill Fitness Program Schedule

Strength Building for Bone Health

Mondays at 9:30 am

This class will teach you the basic necessities to build strength through resistance band exercises and floor work. You will also go through a variety of fun partner exercises. Strengthening the bones will decrease possible injury in everyday activity.

Water Exercise

Mondays and Fridays at 10:30 am

Water exercises are a proven way to increase your metabolism, build muscle tone and strength, and improve balance, coordination and range of motion. It also relieves tension, all with pain-free, low impact movements. The class includes exercises performed primarily in a vertical position in shallow or deep water. This type of exercise program usually does not include swimming skills. Water exercise instead uses movements that cause drag to the body and create greater resistance.

Stability Ball Class

Tuesdays at 9:30 am

One of the most versatile pieces of equipment used today by conditioning professionals is the Stability Ball. It has had long-standing success in the world of clinical rehabilitation by developing balance and core strength.



Line Dancing

Alternating Tuesdays at 11:30 am

Like to dance? Line dancing is a great way to have fun and get your body moving.

Tai Chi

Alternating Tuesdays at 11:30 am

Experience the harmony of mind and body with our Tai Chi classes — gentle, flowing movements for balance and strength.

Circuit Training

Wednesdays at 9:30 am

Circuit Training combines a full-body strength and cardiovascular workout by rotating through one-minute strength stations in a fun, fast-paced class.

PREFER TO EXERCISE AT HOME?

A variety of fitness classes can be found seven days a week on the internal Fox Hill TV channel.





Water Exercise with Noodles

Wednesdays at 10:30 am

Warm water exercise is an excellent way for those with arthritis to build up strength, ease stiff joints and relax sore muscles. Water's buoyancy greatly reduces the pressure on your joints, making it easier to perform range of motion exercises and relax sore muscles.

Balance Class

Thursdays at 9:30 am

Balance Class has been designed to train our own body's balance network system. This balance network builds and maintains balance using three separate areas: eyes, ears and joint sensors. Our exercises have been specifically designed to address all three balance centers with minimal effort and maximum benefit.

Yoga Gold

Fridays at 9:30 am

Experience the fitness and health benefits of yoga at your own pace. Instruction will focus more on the mind-body connection and less on the spiritual aspect sometimes associated with yoga. Modified poses will help adapt yoga to any student regardless of experience or fitness level.

Class schedule times are subject to change. All classes are held in the Performing Arts Center or the pool as noted. Space is limited for all classes.



*Personal Training is available
in 30- and 60-minute sessions.*

Appointments for personal training sessions are required. Please note the club card may be used towards personal training costs. If you'd like more information, please contact Anthony or any of our Fitness Specialists at 301-968-1845.



Fox Hill

Cosmopolitan Retirement Living

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