



Resident Wellness Program & Fitness Classes

The Resident Wellness Program provides you with access to a calendar of fitness classes including water, cardio, strength, and flexibility. The classes will be specifically designed by each instructor to fit the level of participants with progressions and/or modifications from the instructor. This membership does not guarantee you a spot in classes, however we offer a 2 week rolling registration which we encourage all residents to use to secure your participation. For our cancellation policy please refer to our class schedule.

Type of Membership: Annual

Resident Wellness Program

Single: \$325

Family: \$375

Non-member & Guest Fees

Non-member class fee: \$15

Guest of Resident fee: \$20

The Resident Wellness Program is for current residents only. Plus applicable sales tax. Program is non-transferable and non-refundable. The Wellness Program includes two adults per household and their children under 21 years of age who are permanent residents of the home. Due to limited space prior registration may be required and is always encouraged. Additional fees may be charged for special classes or seminars. All personal training provided for additional fee.

Fitness Center Hours

Doors open: Monday – Saturday: 6:00a.m. to 7:00pm

Sunday: 6:00a.m. to 6:00p.m.

Staffed Hours: Monday – Saturday: 8:00a.m. to 7:00pm

Sunday: 12:00p.m. to 6:00p.m.

(Residents have 24/7 access to the fitness center with fob or member ID)

Fitness Orientations

We offer fitness orientations every Friday at 1:00pm for a short introduction on equipment. This guided learning opportunity will provide you with the basics of how to use the weight and cardio machines as well as our performance studio.

We are looking forward to seeing you in the Wellness Center and we are excited for you to be a part of the Esplanade community! The fitness team is committed to be available in every aspect and help you with all of your Fitness and Wellness goals.

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