



## Mission Statement

Founded in 2016 by an interested group of residents, The Greenbriar Oceanaire Health & Fitness Club was established to design, plan & coordinate a comprehensive program of activities & resources geared toward sustaining the fitness & wellness of our Club members and the Community.

## The Club Goals:

- Consult with local physical therapists as to the equipment and exercises useful for our aging population, with particular emphasis on injury prevention & rehabilitation
- Conduct periodic orientations on proper equipment use through descriptive videos
- Explore additional fitness, aerobic & aquatics programs based on resident input
- Provide informational sessions based on resident needs & recommendations
- Promote & encourage all residents to use Fitness/Pool/Exercise facilities
- Plan to provide Club members with health education utilizing professional and certified speakers. Recommend and help coordinate major events with the Clubhouse Director which may be open to the whole community(i.e., health fairs)
- Keep residents updated on new studies & information on maintaining good health
- Submit information for the Club's webpage in a timely manner with the Website Committee
- Coordinate educational activities with the Clubhouse Director, utilizing certified and professional trainers/instructors, on topics such as:
  - Good nutrition & diet
  - Safe exercise routines
  - Ways to reduce the chances of injury
  - Methods to rehabilitate various injuries/ailments common to Aging-Athletic-Adults.

## By Laws:

- ☐ The Health & Fitness Club is open to any resident of the community with an interest in the mission of the Club.
- ☐ Officers will be selected annually.
- ☐ As a member of the Health & Fitness Club, the member understands and agrees to abide by the policies, rules and regulations of the Association.
- ☐ All members are fully aware that they are responsible for their own actions while participating in the Health & Fitness Club. Situations and/or other issues observed by a Club member contrary to the Association's policies, rules & regulations are to be reported to the Property Managers, Clubhouse Director and/or staff for resolution.
- ☐ Each member agrees to hold harmless and indemnify the club officers, the Greenbriar Oceanaire Community Association, and Taylor Management from all claims, damages, losses, and injuries that may be incurred as a result of their voluntary participation in activities of the Health & Fitness Club including any actions performed by them for the Club, as well as traveling to and from and/or participating/attending in Club activities.