



# COPELAND COMMUNITY CENTER

Fitness and Wellness Programs

*Wellness and enrichment are top priorities at Advent Christian Village, and Copeland Community Center is the place where you'll find the amenities to elevate fitness, energize the body, refresh the spirit and enrich the mind. Come visit us today!*



### Cardiovascular Equipment

Our treadmills, ellipticals, and stationary bikes are ideal for improving cardiovascular health. Plug into the overhead TVs for entertainment while you train!



### Strength Training

Adjustable weightlifting equipment, free weights, and Keiser air pneumatic exercise equipment help build muscle and strength.



### Personal Training

A certified fitness trainer can create a custom workout plans for your specific needs and goals and ensure you're using the correct form for maximum results and safety.



### Heated Indoor Swimming Pool

Our most popular feature, the handicap-accessible pool is home to our Aquatone water therapy class, water aerobics and water volleyball held twice a week. It's also available for lap swimming for overall tone and strength.



### Pickleball & Tennis

We play pickleball twice a week at our courts and on Wednesdays compete with other local teams in Live Oak. Our tennis court can be reserved for day or night (lighted) play.



### Indoor & Outdoor Games

Shuffleboard, bocce and horseshoe courts are available outdoors, while ping-pong and billiards keep you busy inside the Center. Chess and card games await you in the game room.



### Walking Trails

Scenic walking trails allow you to get exercise while you enjoy the serenity of nature. Choose from the Blue Loop Trail at 1.25 miles or the Nature Walk at 2.5 miles.

CCC access is included in the ACV membership dues. For all others, monthly dues are as follows:  
 Single: \$48 | Couple: \$80 | Family: \$101