

What is the ResFit Club?

The **ResFit Club** is a unique partnership between the Adult Center for Enrichment (ACE) and the Greensboro Parks and Recreation Department.

- **The ResFit Club** is a program designed to provide those caring for loved ones with physical and/or cognitive impairments with access to recreational opportunities and a break from their care giving responsibilities.

- **Adult group respite care** is provided on-site by the Adult Center for Enrichment (ACE)

- **Caregivers of all ages and seniors ages 55 and over** participate in fitness and wellness programs designed for their needs on-site at the Greensboro Sportsplex.

Operating Hours

September-April
Tuesday and Thursday
9:30am-12:30pm

The ResFit Club is funded through Project C.A.R.E. (Caregivers Alternative to Running on Empty, a program of the Area Agency on Aging and Community Enrichment Venture Grant

How To Join

To become a member of the ResFit Club, you must select a level of membership. Levels of membership range from Prime, Platinum or Gold (descriptions of each can be found under the access card section).

- To become a ResFit Club *Prime* or *Platinum* member you must contact Anita Brock-Carter at 336-274-3559 or acarter@ACEcare.org

ResFit Club Gold Members

- Must purchase a 10 or 25 punch access card from the Greensboro Sportsplex. The cost of the access cards are \$10 for a 10 visit or \$25 for a 25 visit access card.

- Cards can be purchased the first day you arrive for the program or from 3:00 pm - 10:00 pm, Monday-Friday at the Greensboro Sportsplex.

- Each day that you participant in the program one visit will be deduced from your punch card. Once your punches are gone you must purchase an additional card to continue access to the facility.

Access Cards

ResFit Club Prime Member

This card is for members **of the ResFit Club exclusively at the Greensboro Sportsplex**. An individual has to be the caregiver of someone receiving respite care on-site. Members have access **to all amenities throughout the program**.

ResFit Club Platinum Member

This card is for individuals that are members of a ResFit Club at other sites offered by ACES. This card is **ONLY valid for classes, seminars and other recreational activities** during program hours.

ResFit Club Gold Member

This card is for individuals **ONLY** interested in gaining access to ResFit Club fitness and recreational activities at the Greensboro Sportsplex.

