



Client:
The Heritage at Brentwood
 Brentwood, TN
A Life Care Services Community



NIFS Staffing Summary:

- **2010 first launch at 20 hrs/wk:**
 - averaged 461 visits/month
 - instructed 15 classes/month
- **2011 increased to 32 hrs/wk:**
 - averaged 584 visits/month
 - instructed 19 classes/month
- **2012 increased to 40 hrs/wk:**
 - averaged 653 visits/month
 - instructed 34 classes/month
- **2019 moved into new Healthy Life Center plus the addition of 20 hr/wk HFS:**
 - averaging 1,424 visits/month (through September)
 - instructing 58 classes/month (through September)

We were very busy during construction and it was great to have NIFS as a partner to do all of the legwork for us and to be a steady resource as questions arose. We could trust their expertise to guide us and make our lives easier.

— Ashlie Burnett, Director of Community Life Services



The History

The Heritage at Brentwood has been a fixture in senior living in Brentwood, Tennessee for more than a decade. The community was developed and is managed by Life Care Services (LCS), which is based in Des Moines, Iowa. When the community opened their doors, they were strongly focused on the type of lifestyle they wanted to cultivate and started a partnership with NIFS in 2010.

At the time, phase I of construction had been completed on campus and NIFS launched our comprehensive menu of fitness services in their exercise room. Group fitness classes were also hosted each week in the community's parlor. Heritage residents had a variety of fitness programs and services at their fingertips and they were strongly engaged.

NIFS Fitness Manager first assumed a 20 hr/wk schedule and as occupancy at the community increased, so did the staffing hours to 32 hrs/wk in 2011 and to 40 hrs/wk in 2012. In addition, specialty instructors provide yoga and Tai Chi classes; and personal training services were also incorporated. The Heritage continues to demonstrate an unwavering commitment to expanding the fitness options available to their residents.

Throughout this journey of expanded programming, the buzz and chatter amongst an active resident population centered around phase II of construction when a new Healthy Life Center would be brought to fruition including an aquatics center and expanded fitness amenities. As a NIFS client location, the Heritage benefited from our design consulting services to support their new space.



Group Exercise Studio

Shaping New Beginnings

Redbud is the name of the phase II construction which includes beautiful new independent living and assisted living residences as well as an indoor pool, fitness center, group exercise suite, day spa, expanded dining room, auditorium, and underground parking.

In 2017, NIFS partnered with the developers from LCS who were beginning to design the fitness spaces and select the exercise equipment. Ashlie Burnett, Director of Community Life Services at the Heritage shared, “Often times the developers only look at how to make the equipment fit in a space. NIFS expertise provided the added benefit of making it functional and flow for the programming we would be providing to our residents. With NIFS support, we did not have to make a single modification after opening. All of the equipment fit in the layout just as they said it would and we had all of the proper supplies and equipment for install to make for a smooth opening for our residents. In large-scale construction projects like we experienced with our Healthy Life Center, this is rare.”

NIFS provided equipment layout options, collaborated with the developers and gave recommendations on makes/models of exercise equipment for the fitness center, group fitness studio, and indoor pool. We used our national buying power with equipment manufacturers to secure competitive quotes and make introductions to the community for purchasing. Our onsite Fitness Manager, Tim Parrott, supported the transition process for the community from their original exercise room, to a temporary fitness center in a trailer, to the installation of the equipment in the new fitness center. Ashlie shared the following about Tim, “Tim owned the project for us from scheduling the equipment movers to all messaging with our residents about updates to programming. Tim is a part of our community and doesn’t feel like a contract employee.”

Expanded amenities resulted in opportunities for more programming than ever before. The community brought on additional staff support with a new 20 hr/wk NIFS Health Fitness Specialist to assist the full-time Fitness Manager. Residents now have more land-based classes occurring in the group fitness studio and a full aquatics schedule in the beautiful new pool. In some ways, the grand opening felt like the closing of a chapter on the design work and years of anticipation of this new space. In reality, it is the beginning of a new chapter in health and fitness programming for residents at The Heritage at Brentwood.

For more information about NIFS’s expertise in active aging services, contact Emily Davenport, 317.274.3432 ext 208. Visit wellness.nifs.org.

There is no dead time in the Fitness Center because residents are inspired to use this new space. They are highly complementary of the Fitness Center and equipment and take pride in touring their friends and family.

— Ashlie Burnett

Director of Community Life Services



I’m perfectly satisfied with our new Fitness Center, it is a great addition to The Heritage. I’m trying to get my legs stronger, and the Fitness Center helps with that.

— David Hazlewood, Resident. (Nustep T5 User)