Mary's Woods is home to a myriad of ways to energize your mind, body, and spirit. Whether you're looking for an exercise class, a massage, acupuncture, or new ways to stretch and strengthen, our wellness team excels at customizing plans based on your needs.

At Kellogg Assisted Living, you'll find spaces that invite relaxation, reflection, community activity and inspiration. Kellogg Gym features wellness activities like Chair Yoga and Keep on Moving, the Spa welcomes you with its deep tub and soothing bath salts, and a full-service Beauty Salon for hair and nails is available during the week.

If you're feeling adventurous, take a short walk (or shuttle ride) to the Village Wellness Complex, a 9,000 square foot fitness center featuring Precor Cardio, Keiser Strength, Group Exercise Rooms, Juice Bar, Classroom, Infrared Sauna, Relaxation Room, and Massage Room, a partnership with Providence Health Services, on-site physicians, a dentist, clinics, rehab, and educational partnerships.

The Provincial House Fitness & Wellness Center has an exercise pool and heated spa with easy ramp access. Trained staff will show you how water exercise is an excellent way to improve balance, increase flexibility and build strength without stressing your joints. Daily aquatic classes are offered at a variety of ability levels including moderate aerobic, stretch and low-impact arthritic exercise. You'll soothe those aching joints and have fun while you make new friends.

Of course, your form of exercise might be walking. Mary's Woods is known for its walking trails among gardens, around our campus, and down to the Willamette River.

Our three Fitness & Wellness Centers include weight training and aerobic equipment with easy-to-use machines. Certified staff are eager to help you create a personal training program. You'll choose from a broad schedule of exercise classes, including Circuit Training, T'ai Chi, Chair Yoga, Balance, Aqua and more.