



With an assortment of beautiful homes, delicious restaurant-style dining and plenty of space to find neighbors with similar passions and hobbies, La Costa Glen is an easy transition without leaving the Carlsbad community.



## Finding peace of mind in your senior years at La Costa Glen

Retirement expectations are evolving for the baby-boomer generation. Many businesses, including in the senior living industry, have spent more than a decade working to decipher this generation's needs and desires as they reach their retirement years.

It has been found that peace of mind for themselves and their loved ones is at the top of their wish list, even more so than for previous generations.

They have watched and participated in their parents' and friends' struggles with aging in place. Many of them have found or are finding themselves scrambling to find nursing and health care so their loved ones can age at home.

According to a recent AARP survey, while

most Americans 50 years or older want to live as long as possible in their current homes, many will struggle with the soaring cost. With the median price of paid-in-home care reaching \$300,000 per year, seniors are finding other avenues to meet their financial and health needs.

For those who do the math, the Life Plan model provides compelling financial value and offers the peace of mind that the baby-boomer generation desires the most.

As a Life Plan community, **La Costa Glen** in Carlsbad has provided thousands of seniors an all-inclusive lifestyle with elevated levels of personalized services and resort-like amenities for more than 20 years.

Residents who call La Costa Glen home

live in the moment and enjoy the peace of mind of knowing they have secured a plan for the future. Gone are the hassles of home maintenance, yard work and home upkeep. At La Costa Glen, retirement living is about enjoying everything you've spent your career working for and not worrying about keeping up a home.

La Costa Glen offers a highly repayable entrance fee with predictable monthly fees. Residents have priority access to the adjacent health center for assisted living, memory care and long-term care in a skilled nursing center, if ever needed.

Located on over 55 acres of beautiful, lush landscaping, residents will boast about the location as one of the most desirable selling

points of the community. With The Forum shopping center within walking distance and the ocean only three miles away, seniors find that moving to La Costa Glen is an easy transition without leaving the Carlsbad community they love.

With an assortment of beautiful homes, delicious restaurant-style dining and plenty of space to find neighbors with similar passions and hobbies, there's no shortage of things to do without even leaving the community.

If you're ready to find peace of mind for your retirement years, give La Costa Glen a call at 1-760-330-4271 to schedule your personalized tour. You'll understand why so many seniors have come to expect more from retirement living here.



**PILATES - STRETCH - YOGA - CARDIO - MOBILITY - BARRE**









Fit Hive Carlsbad is a boutique fitness studio dedicated to helping you achieve better strength, stretch, stamina, and stability. Our classes include Reformer Pilates, Reformer Cardio Jump, Barre, Yoga, and more, designed to suit all fitness levels. With expert trainers and personalized guidance, every session supports your progress and goals. Come for the fitness, and stay for the supportive community that makes every workout meaningful.

[www.fithivecarlsbad.com](http://www.fithivecarlsbad.com)

**2 FREE CLASSES**



\*NEW MEMBERS ONLY

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**Tucked away in Carlsbad, Fit Hive is a boutique fitness studio offering a diverse range of classes that cater to everyone from fitness enthusiasts to beginners looking to embark on their wellness journey.**

## Fit Hive revolutionizing pilates with total gym reformers

Tucked away in Carlsbad, **Fit Hive** is not your typical gym. This boutique fitness studio has quickly become a community favorite, offering a diverse range of classes that cater to everyone from fitness enthusiasts to beginners looking to embark on their wellness journey. As the studio marks its first anniversary, it continues to stand out with its pilates classes and their unique focus on Total Gym Encompass Reformers. Unlike traditional Pilates reformers, the Total Gym Encompass adds a functional fitness element to Pilates by combining bodyweight resistance with dynamic movement patterns. This allows participants to build strength, improve flexibility, and enhance mobility in a safe and effective way.

"Our reformer classes are designed to meet clients where they are, whether they're recovering from an injury, looking to improve functional movement, or trying to build strength and endurance," says Shandra

Knight and Terri Edwards, founders of Fit Hive.

In addition to its signature reformer Pilates classes, Fit Hive offers a robust schedule of classes, including Barre, Cardio, Yoga, Mobility, and Stretch sessions. Each class is designed to accommodate all fitness levels, ensuring clients can find a program that aligns with their goals.

What truly sets Fit Hive apart is its sense of community and personal touch. Over the past year, the studio has built a welcoming environment where members feel supported and encouraged.

Fit Hive creates a space where fitness meets community, offering diverse classes and experienced trainers who genuinely care about their clients' well-being and progress.

Experience the Fit Hive difference today with two complimentary introductory classes. Join the Hive and discover a community built on wellness, empowerment, and results. [www.fithivecarlsbad.com](http://www.fithivecarlsbad.com).