

Fit Over Fifty

Fridays 11:20 a.m. - 12:05

This standing, 45 minute fitness class will begin with a fun dance aerobic routine (6-8 minutes) and into a dynamic stretch sequence. We will then move into a variety of strength / resistance exercises. The class will end with balance and stretching.

Equipment used will vary each week: light weights, therabands, small fitness balls, fitness circles and yoga straps.

Benefits:

- **Strengthen major muscle groups**
- **Improve balance and cardiovascular endurance**
- **Enhance joint flexibility and improve range of motion**
- **Increase bone density**
- **Decrease aches and pains**



Certified Fitness Instructor: Sunny Corona,

American Council on Exercise (ACE)

Certified Safety Professional (CSP)

Modifications will be given to accommodate injuries and limitations.

Attendees will need to bring their own light weights (2-3 lbs)

Cost: \$10 per class (cash payable to instructor)

Location: Little Falls Recreation Center - Gym