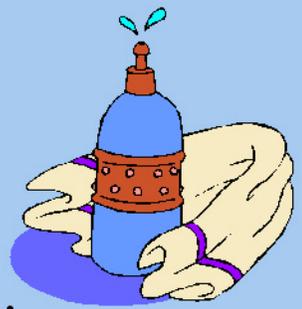


GET PHYSICAL

AT THE OFFICE ON AGING



5 Reasons to get off the couch & get moving

Members should consult their physicians before beginning any exercise program

Daily, 9:45am-2:30pm

Work up a sweat in our fully-equipped gym

Treadmills, recumbent bikes, elliptical, weight training machines & free weights

Mondays, 10am

Exercise Class

Strengthen, Sculpt & Tone - Light Activity Level, Instructor-Led Class

combines the fundamentals of exercise for a total body workout, with emphasis on strengthening the muscles using dumbbells, resistance bands & weighted bars

Tuesdays, 10am

Yoga Class

Breathe, Balance & Stretch - Light Activity Level, Instructor-Led Class

incorporates breathing techniques to help reduce stress & relieve stiffness while improving balance, mobility, posture & range of motion

Tuesdays, 11am

Zumba Class

Dance, Groove & Burn - Moderate Activity Level, Instructor-Led Class

combines all elements of fitness: cardio, muscle conditioning, balance & flexibility with international rhythms for a fun, calorie-burning dance party atmosphere

Thursdays, 10am

Exercise Class

Boost, Energize & Refresh - Moderate Activity Level, Instructor-Led Class

integrates invigorating exercises to help build stamina & endurance, boost energy & improve agility, leaving you feeling refreshed & ready to face the world