



Jump into Spring

with the newly offered

6 week Low Impact Senior Fitness Class!

The first class starts Saturday, April 14, 2018

Day: Saturday
Time: 7 – 8am
Place: Foothills
Physical
Therapy &
Fitness Center
Price: \$5/Class

Hosted by
Kenny Bouchey, ACSM CPT &
Mikaela Shields, NASM CPT

Wear loose fitting, comfortable clothes, and proper shoes that offer safety and support. Make sure to hydrate before, during and after exercise.

Please check with your doctor before starting any new exercise program.

Benefits of Exercise:

- Improve overall health
- Increase energy
- Sleep better
- Keep joints mobile and muscles strong

Contact:

Mikaela Shields

Call/Text: 2072723446

Email: mkales.fitness@gmail.com

Having spring thoughts? Think about joining this low-impact senior class! These classes will focus on improving functional movements, balance, core strength and more! This class is meant to be fun while making friends and getting to know the trainers.

****Continuation of program will be based upon participation and interest****