

Low Impact - Senior Fitness Class

Day: Every
Saturday

Time: 7 – 8am

Place: Foothills

Physical

Therapy &

Fitness Center

Price: \$5/Class

Hosted by

Kenny Bouchey, ACSM CPT &

Mikaela Shields, NASM CPT

What do you need?

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.



Need to get moving again but don't know how to start? 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.

Benefits of Exercise:

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