

# Fit Seniors



Fit Seniors is an exercise class specifically designed for the adult aged 60 plus. This class features safe and effective endurance, flexibility, balance and strength training to improve overall function. Regular exercise is the key to greater energy, stronger muscles, better flexibility, balance and coordination and improved postural stability. Join me and embrace a new lifestyle that promotes vitality and well being.

**Classes begin March 11, 2010**

**Thursdays 9:30 a.m.-10:30 a.m.**

**Lower Township Recreation Department**

**2600 Bayshore Rd. Villas  
call 886-7880 for more information**

**Fee is \$5.00 per class**

Laura Farrall, the instructor, has a master's degree in exercise science and is a NASM certified personal fitness trainer.

Please bring a water bottle and wear sneakers to class.

**Get fit. Have Fun. Make Friends. Fit Seniors.**