

Healthy Heidi Friday's

Starting Friday Dec. 11th

Senior Fitness Testing

Take the Fitness Challenge. This fitness test will assess your lower-body strength, upper-body strength, body mass index (BMI), aerobic endurance, lower-body flexibility, upper-body flexibility, agility, and dynamic balance.

Call to make appt. with Heidi.

Fridays at 11:00-11:30am. Cost \$5



Flexibility Training

As we age, muscles tighten and range of motion is reduced. A decrease in flexibility can hinder day-to-day activities. Get involved in the weekly stretching program and restore youthful activity. Fridays at

11:30-12:00pm. Cost \$1



Miler's Club

Be a part of the Miler's walking club. Develop some personal goals and walk with friends. Come walk on Fridays from 12-12:30pm. Cost \$1

