

TOTAL BODY WELLNESS

A Fitness Program for Active Older Adults



Fitness has a lot of benefits, and not just for how you look! Exercise can reduce stress and improve balance, coordination, and cardiovascular health. Daily tasks can also become easier when the body is better equipped to handle them.

This program for adults 60+ focuses on strength, flexibility and cardiovascular fitness. Ideal for those looking to continue progress after physical or occupational therapy or for anyone considering a new fitness routine, this group exercise program is a fun, interactive way to get in shape.

Dates	Tuesdays and Thursdays in December Tues 12/1, Thurs 12/3, Tues 12/8, Tues 12/15, Thurs 12/17, Tues 12/29, Thurs 12/31 <i>*Please note, there will be no class Thurs 12/10, Tues 12/22, and Thurs 12/24</i>
Time	10:30 AM - 11:30 AM Class starts promptly at 10:30 am. Please arrive 15 minutes prior for check-in.
Location	NYU Langone's Center for Musculoskeletal Care 333 E 38th Street (between First and Second Avenues), 6th floor
Instructors	Andrea Ybarra, BS—Fitness Specialist, NYU Langone Medical Center Heather Milton, MS, RCEP, CSCS— Exercise Physiologist, NYU Langone Medical Center
Cost	\$20 per class

To register, call Belkys DeJesus at (646) 501-7096 or email Belkys.DeJesus@nyumc.org.

Signed consent form and medical clearance required (prescription not required). Please return forms to above e-mail address prior to start of class. Access the forms here, under the Sports Performance Center section: <http://bit.ly/1nKRpg3>
Must be able to maintain standing or sitting balance independently and must be able to follow verbal instructions.