

# 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.

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| Dates       | Tuesdays and Thursdays in April<br>Thurs 4/2, Tues 4/7, Thurs 4/9, Tues 4/14, Thurs 4/16, Tues 4/21, Thurs 4/23, Tues 4/28, Thurs 4/30 |
| Time        | 10:30 – 11:30 AM<br>Class starts promptly at 10:30. Please arrive 15 minutes prior for check-in.                                       |
| Location    | NYU Langone's Center for Musculoskeletal Care<br>333 E 38th Street (between First and Second Avenues), 6th floor                       |
| Instructors | Andrea Ybarra, BS—Fitness Specialist, NYU Langone Medical Center   |
| Cost        | \$20 per class   |

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