

# GERIFIT.COM

## STRENGTH TRAINING WORKOUT FOR OLDER ADULTS

**Geri-Fit®** is an evidence based health promotion program for older adults. During this 45-minute strength training class, you'll improve balance, flexibility and strength by performing exercises using dumbbell weights from 2 to 8-pounds. One-on-one instruction is provided in the group setting by a certified instructor and each person is encouraged to work out at his/her own pace. Most of the exercises will be performed seated in chairs and there is no floor work, aerobics, dancing or choreography to learn. Dumbbells and stretch bands are provided.

WHERE: WHITEVILLE SENIOR CENTER

WHEN: Classes Start Friday November 1<sup>st</sup> 2019 and run through Friday January 31<sup>st</sup> 2020.

TIME: 11:00am until 11:45 am

FEE: FREE TO SENIORS AGES 60 AND OVER

DATES: 11/1 11/5 11/6 11/12 11/15 11/19 11/21 11/26 11/27 12/2 12/6  
12/9 12/12 12/16 12/17 1/8 1/10 1/15 1/7 1/21 1/24 1/27 1/29 1/31

CLASS SIZE IS LIMITED AND ADVANCE REGISTRATION IS REQUIRED TO REGISTER CONTACT KAYLA BORDEAUX 910-640-6602.



