

**OLIMPIA'S "YOUNG AT HEART" SENIOR FITNESS CLASSES will help you get & stay healthy by increasing your flexibility, strength and muscle endurance through exercise.**

We know that exercise for older people can help slow aging, prevent injury and help you to build a stronger body *and* a healthier mind. Our fitness classes are not just great recreation for seniors—it's also a chance to socialize while getting fit. And it's a good option for people who exercise regularly, as well as the beginner who wants to exercise, but isn't sure how to do it safely and effectively.

**Join a community of seniors and older adults for a total-body workout appropriate for any fitness level.** Our Senior fitness classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.



We utilize chairs, small weights, bands and weighted balls for an overall workout. **Women & Men ages 50+ are welcomed.**

**Classes are every Monday & Thursday 10:00 AM – 10:45 AM AT THE VFW in Roseland, NJ. The class is open to the public & the first class is Free.**

*It is important to sign up early because the classes are Very popular & fill up quickly. The new session starts in September 2016. For more information, email us at [musclesinmotion@yahoo.com](mailto:musclesinmotion@yahoo.com)*