



## Fit over 50



**Each 1 hour class will consist of the 5 components of a fitness program.**

1. Aerobic Fitness
2. Muscular Fitness
3. Flexibility Training
4. Balance Training
5. Relaxation

### **Some of the Benefits include:**

- Reduce the risk of heart disease
- Prevent weight gain
- Improve cardio-respiratory fitness
- Increase balance & flexibility
- Decrease the risk of osteoporosis
- Strengthen muscles & bones
- Relieve menopause symptoms such as hot flashes, night sweats, mood swings & insomnia

***Monday's & Wednesday's at 9 am***

*Classes will be led by Heather Crivellone,  
RHWC Personal Trainer & Women's Health specialist*

**\$15 per class**