

ADVANCED MEN'S FITNESS



NEW! Winter 2017

Muscle mass can decline between 5% and 10% each decade after we reach the age of 50. It also has been reported that muscle strength decreases, on average, roughly 30% between the ages of 50 and 70. In addition, 1/3 of adults over the age of 65, experience an accidental fall every year. This class addresses those concerns.

It is designed specifically for seniors, incorporating moderate Bodyweight, Resistance Bands and Hand Weights, Strength Training exercises for mature adults. Static/Dynamic Stretching and Balance techniques help improve overall body tone, strength, flexibility, physical performance and functional independence.

Location: Senior Center
Auditorium

4 Gauntt Place, Flemington, NJ

Dates/Times: Thursdays begins January 12th
3:15pm to 4:15 pm

For more information, call (908) 284-6128.

Registration is required. No charge. Seating is limited.



Open to Hunterdon County residents age 60 and over.
Sponsored by the Hunterdon County
Division of Senior, Disabilities & Veterans
Services / Senior Health & Fitness Program.

