

**HUNTERDON COUNTY SENIOR HEALTH & FITNESS PROGRAM
PRESENTS:**

ADVANCED SENIOR FITNESS TRAINING



Age is only a number. You are who you are and always possess the opportunity to improve your health and well-being.

Here's a chance to engage in a Zoom based fitness/wellness class from your home that will accommodate every individual's exercise needs and abilities incorporating many of the exercise modalities in play today in the expensive health clubs.

It is designed specifically for Seniors incorporating moderate Bodyweight, Resistance Band and Hand Weight/Kettlebell strength training exercises for energetic adults along with Cardio advancement techniques, Static/Dynamic Stretching and Balance disciplines.

Taught by Nick DeTura, NASM-CPT, SFS and ACE-Orthopedic Exercise Specialist - a highly trained professional and nationally accredited Certified Personal Trainer and Senior Fitness Specialist who is also a Hunterdon County resident. This is a program geared toward improving your muscular tone, cardio capacity, overall flexibility, balance, bone density and strength.

The classes are 1 hour long on Tuesdays at 2:00 pm and Thursdays at 10:00 am via Zoom Video Conferencing. Registration is required. No charge. You must submit an electronic waiver to enter this class.

For more information call Eleanor Langeveld at (908) 284-6128 or email: elangeveld@co.hunterdon.nj.us

Sponsored by the Hunterdon County Division of Senior Disabilities & Veteran Services; Senior Health & Fitness Program. Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Health & Fitness Program.