

SASS

Senior Agility, Strength & Stamina with Gillian, Senior Fitness Specialist

This class is specifically tailored for seniors. In our safe, supervised weight room, we will cover all aspects of functional fitness, including strength, agility, balance and power. You will improve your overall level of fitness and enjoy a higher quality of life!



10 Weeks for only \$135

Mondays 1pm to 2pm

December 30th - March 2nd

Wednesdays 11am to 12pm

January 1st - March 4th

Contact **Gillian** with any questions you may have...gillian@nwwomensfitness.com
Please have a current Client Information Questionnaire on file.
Space is limited to 6 participants. Sign up today!