

Optimal Aging

A Balance and Strength Training Program



More than 30% of seniors fall each year and many more have a fear of falling. Whether you're a veteran gym member or a newcomer, we welcome you to come enjoy the benefits of working out in a group. This program is designed to enhance quality of life and prevent risk of falling.

PROGRAM INCLUDES:

- **Pre/Post Fall Risk Assessment**
- **Strengthening Exercises for Total Body**
- **Balance Exercises**
- **Nutrition Tips**

REGISTER AT THE FRONT DESK:

Manasquan (732) 223-2100
Red Bank (732) 219-5333

Program Instructed by Certified Trainers with additional training in working with the active aging population.

MEETS 2x WEEKLY

Tuesdays & Thursdays
November 8 - December 15*
1:00-2:00 for (6) weeks

**No class on Thanksgiving Day*

FEE: \$165



THE ATLANTIC CLUB