



SENIOR STRENGTH AND WELLNESS

WITH PEYTON



GET FIT



FEEL GOOD



LEARN

ABOUT THE CLASS

We will meet from **11-12/12:30 on Thursdays, starting on March 14th** and until the end of May. Classes will begin with a short health lesson on varying topics and then move into the weight room for a workout.

Our goal is to educate you on how to lead a healthy lifestyle and begin considering things you may not be aware of.

This class will be limited to 8 participants to ensure you're getting the attention you need as we exercise.

Expect to improve your lifting technique, get stronger, learn how your body works, and how to take advantage of it.



SIGN UP AT THE FRONT DESK

Questions? You can reach Peyton at pap55265@huskies.bloomu.edu

\$60 - MEMBERS-ONLY