

# **Happy New Year!!**

**NEW!! A Senior Land Class —2 days a week  
Tuesdays and Thursdays 9:30-10:30 am**

**New Class ~ ‘Senior Mobility and Strength’**

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**We get it, picking things from the floor is getting harder, tying your shoes without grabbing a chair seems impossible. We can't deny the effect of aging in our body, but we can minimize it. Unlocking our joints and getting stronger in a functional way will do it. We don't even need to work out to do this.**

**We need to re-teach our body some essential movement patterns and practice them.**

**So, join our new class, we will enjoy new science- based methods of training that independently of your level of fitness will increase your range of mobility, will get you stronger and more confident, plus you will enjoy many benefits to your neuromuscular system just from learning new movements.**

**That's what this class is all about, movement.**

**This is a perfect class to start increasing mobility and strength—designed for beginning exercisers!**

**Jump start your movement in 2022!**