

# Empower Your Body, Enhance Your Life

**Join Body by Morgana for a transformative fitness experience designed to improve your strength, balance, and range of motion.**

Thursdays | 12:30 PM - 1:30 PM | Rotterdam Senior Center 2639  
Hamburg Street, Schenectady

Our classes incorporate a blend of seated and standing exercises, carefully curated to promote overall well-being and longevity.

## **Benefits:**

**Increased strength:** Build muscle and improve functional abilities.

**Enhanced balance:** Reduce the risk of falls and improve stability.

**Improved range of motion:** Increase flexibility and ease movement.

**Boosted energy levels:** Experience greater vitality and endurance.

**Stress reduction:** Find a sense of calm and relaxation through movement.

**No experience necessary. All fitness levels welcome.**

**\$5.00 a class.**