

Ageless POWER & STRENGTH

Stronger Today...
Steadier Tomorrow...
Better Every Day!

ONLY
\$5
PER CLASS!

A FUN, EFFECTIVE EXERCISE CLASS
DESIGNED **JUST FOR SENIORS!**

WEDNESDAY

11:30 AM – 12:30 PM

WITH

Linda Tedesco

- ✓ SilverSneakers® Instructor
- ✓ Personal Trainer
- ✓ NASM Certified



STRENGTH

Build muscle to make everyday activities easier—like lifting, reaching, and carrying.



BALANCE

Improve balance, coordination & stability to help prevent falls and boost confidence.



ENERGY

Increase strength, flexibility & energy so you can enjoy the activities you love most!



CHAIR SUPPORTED!

Seniors will be provided with a chair to help with the exercises.

*Move Better.
Feel Better.
Live Better!*

➤ SIGN UP TODAY! ➤

SPACE IS LIMITED • SIGN UP TO RESERVE YOUR SPOT!



**ROTTERDAM
SENIOR CENTER**

2639 Hamburg Street
Rotterdam NY 12303

☎ 518-356-1561
☎ 518-280-3944 (Fax)
✉ jlichorat@townofrotterdam.gov
✉ dscharff@townofrotterdam.gov

HOURS:

🕒 8:00 AM – 4:00 PM