

Ageless POWER & STRENGTH

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

ONLY
\$5
PER CLASS!

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

STARTS

WEDNESDAY
SEPTEMBER 9

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**

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HOURS:



8:00 AM – 4:00 PM