

Strong At Any Age

Understanding the Fitness Facility

This class will demystify the Fitness Facility, making it a place of comfort and success by teaching each person how to properly use the cardio equipment, machines, free weights, bands and other fitness toys.

By the end of the class members will know safe, functional exercises to maintain/increase balance, flexibility and strength, as well as how to track their progress along the way.



FOR INFORMATION
ABOUT THE NEXT
SESSION OF

StrongAtAnyAge

Contact Andi Daniels

adaniels@macathletics.com

*classes are limited to 7

MAC
8 Atwater Avenue
Manchester, MA 01944
978.526.8900
MACAthletics.com



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FITNESS