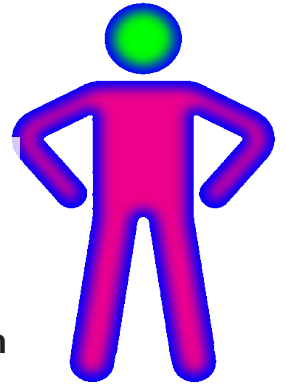
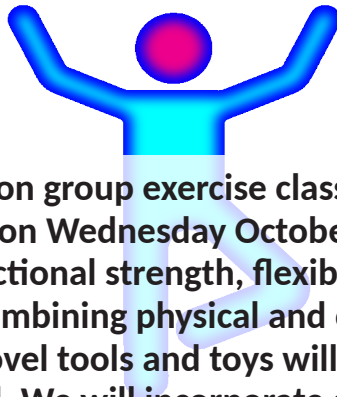
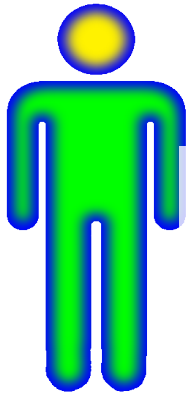


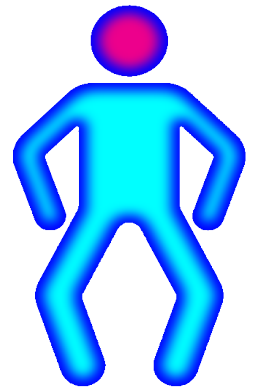
Beth Ami Group Exercise Class for Older Adults



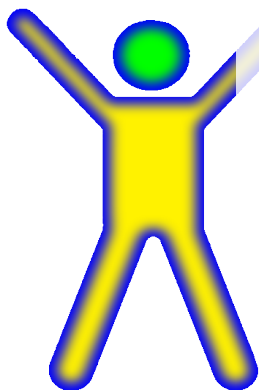
A weekly, in-person group exercise class for active, older adults will begin on Wednesday October 26th. The class will promote functional strength, flexibility, balance and fall prevention combining physical and cognitive exercises. A variety of novel tools and toys will be utilized which will be provided. We will incorporate games, obstacle courses, and competitions to spice up our aerobic movement, stretching, and free weight lifting. The Rambam taught that exercise should be joyous and fun.



The class will meet every Wednesday at 10:30 am in the Social Hall at Congregation Beth Ami and will last about an hour. Register soon: the class is limited to 6 people to provide individual attention to participants of all fitness levels. A \$5 donation per class is requested, which will be used to purchase equipment and as donations to Congregational Beth Ami. Each participant is requested to bring a yoga mat and a water bottle.



The class will be taught by Jeff Sternfeld. Certifications of instructor: Senior Personal Trainer, Functional Aging Specialist, Brain Health Trainer, Cancer Exercise Specialist, Activator Pole Instructor, Arthritis Exercise Group Leader, Kettlebell Sport Instructor, Matter of Balance Coach.



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