

SEATED STRENGTH

This small group class will combine aerobic, strength, balance, and flexibility exercises. In 30 minutes, you will work head to toe to feel stronger and accomplished. Seated Strength is the perfect transition from physical therapy or for those just beginning an exercise program.

- Low impact exercises are easy on the joints
- Improve balance with stability exercises
- Increase mobility by gently stretching muscles
- Gain strength with resistance training exercises

WHEN: WEDNESDAYS AT 12:30

CLASSES START WEDNESDAY JUNE 6TH

COST: 4 CLASSES FOR \$79

PLUS ONE MAKE-UP CLASS IF YOU MISS A WEEK

CALL 516-599-8734, EMAIL: FITNESS@PEAKPTFIT.COM OR
SPEAK WITH ONE OF THE FITNESS STAFF TO SIGN UP

SPOTS ARE LIMITED! SIGN UP NOW!

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