



# SENIOR FIT

## EMBRACE THE ART OF MOVEMENT

In this Senior Fit Series, we invite you to rediscover the pure joy of movement. Our focus will be on deliberate, unhurried motions, with a strong emphasis on enhancing your balance and flexibility, allowing your body to find its optimal comfort zone.

Together, we'll explore how we approach the changes in mobility, balance, energy levels, stamina, and endurance that come with the passage of time. It's a holistic journey of self-discovery and self-improvement tailored to the unique needs of our wonderful community. Join us as we celebrate the beauty of movement and embrace the art of aging gracefully.

Inspiration for this class stems from the wisdom shared in Kelly McGonigal's enlightening book, "The Joy of Movement." While reading it is not a requirement, it can certainly deepen your understanding and enhance your participation in our sessions.

To get signed up, stop by the front desk or give us a call at **360.574.7292!**



Join CPT Bob Hoffman for this series starting October 26th! Bob is certified through the Functional Aging Institute, Barefoot Balance certified, and Active Aging certified.

**8 CLASS SERIES**

**THURSDAYS**

**1:00PM - 2:00PM**

**OCTOBER 26TH - DECEMBER 21ST**

**\*NO CLASS ON THANKSGIVING**

**COST: \$240**

Downtown Vancouver - 1011 Broadway  
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**Northwest PERSONAL TRAINING**  
NWPpersonalTraining.com