

FREE!

Senior Walking / Fitness Program

Take the first step! The NYA Fitness Center is pleased to offer an exciting **FREE** community fitness program specifically for **Seniors**. The goal of this program is to provide a safe, fun, motivating and informative environment specifically for seniors to improve their levels of fitness.

This program will be lead by highly qualified staff at the NYA Fitness Center. The Senior Fitness program will incorporate walking sessions with bodyweight and fitness band exercises utilizing the beautiful Fairfield Hills Campus and within the NYA Fitness Center. The program will address balance, flexibility, aerobic & strength training and basic nutrition to help you increase your energy, coordination and overall strength.

LOCATION: NYA Sports & Fitness Indoor Track and Fitness Center and/or Fairfield Hills Walking Trail (weather permitting)

DATES: **June 4 – June 27**

DAYS: Tuesdays & Thursdays

TIME: **11:30 am – 12:30 pm**

LUNCH: A lunch will be available at the Sideline Café immediately following each session--

- ½ sandwich, drink & side will be available for \$3 (place your order upon arriving each day)

REGISTRATION: Register at NYA Fitness Center Desk or call (203) 426-0088

* A waiver must be filled out prior to participation and doctor's clearance provided if necessary.

FEE: **FREE!**

