



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONG AT ANY AGE

Strong Seniors

This class is specially designed for Active Seniors. Develop core strength, full body strength, balance, stability, flexibility endurance, and confidence! New to exercise? This is a great starter class for all ages and ability levels!

Mondays, Wednesdays and Fridays at 8am in Studio II

**Taught by Lucy Kirkpatrick,
IFTA Certified Personal Trainer!**



Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622