

## Senior Fitness

Offered by the Stow COA

Mondays, Wednesdays and Fridays at 10 am

\$3/class

Senior Fitness will have you moving to the music with a safe, heart-healthy class that uses low-impact movements. Build your muscle strength and flexibility with exercises using handheld weights in both standing and seated positions. Finish with a 5 to 10 minute full body stretch and relaxation segment.



Taught by Terri Zaborowski, AFAA Certified Personal Trainer, AFAA Group Exercise Instructor, AAAI/ISMA Older Adult Fitness Trainer. Terri has 20 years of experience helping people age 60+ stay active and strong with safe and effective functional fitness training. It's never too late to start a fitness regimen!

Join fellow residents on Mondays, Wednesdays, and Fridays from 10:00 am until 11:00 at the Pompositticut Community Center (509 Great Road, Stow). The cost is only \$3 per class but you need to register in advance as space is limited. Open to Stow residents 50 and older. Registration can be done monthly beginning on the 15<sup>th</sup> of the prior month at <https://myactivecenter.com> or by calling 978-897-1880.