

Senior Boot Camp

Exercises that focus on improving balance, core strength, flexibility, coordination.

Cardiovascular, HIIT, Strength Training, Toning are some of the work out methods used.

The exercises are challenging yet recognize the needs of older adults who might have previous injuries or the beginnings of arthritis and/or osteoporosis and can be easily modified.

Times offered:

Not Available

60 minutes

COST: \$30 for 8 weeks