

Improve Strength, Flexibility, and Balance

Functional Fitness & Low Impact Functional Fitness For Active Ager



Functional fitness refers to exercises that enhance our ability to 'function' in a greater capacity on a daily basis. Functional fitness exercises imitate day-to-day motions and activities creating an increase of strength and mobility. The Department of Health and Human Services recommends that adults get at least 150 minutes of moderate aerobic activity weekly and participate in strength training exercises for all major muscle groups at least two times a week. This 45-minute class includes strength, stability, mobility exercises that focus on the 5 basic movement patterns to include the bend and lift, single leg movements, pushing movements, pulling movements and rotational movements. Participants stand and sit as well as use resistance bands, dumb bells, and balls during the class. This class is a low to moderate class depending on individual fitness levels. The Low Impact class is all done in a chair and will help build strength, balance and mobility. This class is taught by Mary Hinson who is a certified personal trainer.

Monday, Wednesday & Friday

8:30am - 9:15am - Functional Fitness

9:30am-10:15am - Low Impact

\$30 - Individual ~ \$54 - Couple ~\$5 -Drop in

<https://bcrec.recdesk.com/community/home>

Boulder City Parks & Recreation

900 Arizona St 702-293-9256

