

Improve Strength, Flexibility, and Balance

Functional Fitness & Low Impact Functional Fitness For Active Agers



This class is designed to prepare active agers for everyday activities by focusing on exercises that mimic real-world movements. This is particularly beneficial for active agers as it directly improves their ability to perform daily tasks with greater ease and confidence. This class includes exercises that enhance mobility, balance, strength, and coordination, which are crucial for preventing falls and maintaining independence. Participants will learn proper techniques that focus on the 5 basic movement patterns to include the bend and lift, single leg, pushing, pulling and rotational movements.

Participants will stand and sit while using resistance bands, weights, and balls during class. This class is taught by Mary Hinson who is a certified training personal trainer who specializes in working with active agers.

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
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