

# Geri has arrived



**Geri-Fit®** is a Title III-D Evidence Based Health Promotion (EBHP) group strength training exercise and fall prevention program designed for adults 60 years of age and older. *Proof of age is required at initial enrollment.*

- During this 45-minute class, you'll improve functional capacity, balance, flexibility, and strength.
- Designed for seniors (male & female) 60 years of age and older.
- Works at rebuilding strength that has been lost through the aging process.
- No high energy aerobics, dancing, or choreography to learn and there is NO floor work.
- Each person is encouraged to work out at his/her own pace.
- Some of the exercises can be performed seated in chairs.

The following classes in Geri-Fit are available beginning Monday, February 1, 2016

**Monday in the Multi-Purpose Room (MPR)**

**8:30am-9:15am**

**Mary Konicki, Certified Matter of Balance Coach & Geri-Fit® Instructor**

**Wednesday in the Physical Fitness Room (PFR)**

**12:15pm-1:00pm**

**Mary Konicki, Certified Matter of Balance Coach & Geri-Fit® Instructor**

**Thursday evening in the Physical Fitness Room (PFR)**

**5:45pm-6:30pm**

**Shantel R. Davis, Certified Matter of Balance Coach & Geri-Fit® Instructor**

Seniors 60 years of age and older may participate in any or all of the above Geri-Fit classes FREE of charge. The classes are on-going and new students are welcome to start the class any of these days.

Come visit the class Monday, February 1 in the MPR, Wednesday, February 3 in the PFR, and /or Thursday evening February 4 in the PFR. *The class will meet on an on-going basis.* You may attend one, two, or three times each week FREE of charge. Proof of age is required at initial enrollment.

**Shantel R. Davis, SRC Program Assistant, Certified Matter of Balance Coach & Geri-Fit® Instructor**

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**Mary Konicki, SRC Ambassador, RSVP/VITA Volunteer, Certified Matter of Balance Coach & Geri-Fit® Instructor.**

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