

Resistance Band Exercise Class

Grande View Apartments Community Room

Simple, easy and fun exercise class designed to help you get fit and stay active!

**Chair friendly exercises
Resistance bands provided
Class is FREE!**

Thursdays, 10:30 - 11:15am
8 week session: July 5 - August 23, 2018

Let's Exercise!

Reduce chronic pain ~ prevent injury ~ improve balance ~ increase stamina ~
boost energy ~ reduce stress ~ promote happiness ~ strengthen bones ~ more!

**Instructed by: Jen Thomas, STEP Program Coordinator
ACE Certified Personal Trainer, Health & Wellness Coach**

TO REGISTER: call 301-777-9150 x109 or email jthomas@ahecwest.org

ALL are welcome to participate!

