

**Are you over 40??**

***Be The Runner***

*Winter, 2017*

## **Senior and "Pre-Senior" Strength Class**

In the fitness world, you get to be a "Senior Citizen" at about age 50, far sooner than in other facets of your life. In fact, once you hit age 40, you should really begin preparing for your life as a "Fitness Senior," so let's call a person in their 40s a "Pre-Senior."

One of the best things you can do for yourself at any age over 40 is to improve your strength. Even if you missed starting a strength program in your 40s or 50s, you can still benefit from strength training.

Marty Beene, a Certified\* Personal Trainer who is also a Senior Fitness Specialist teaches a strength training class for anyone over age 40. We meet up to three times per week and do a strength circuit together. The circuit incorporates body weight exercises, as well as use a few simple tools, like dumbbells and a fitness ball. We will typically have eight stations and rotate through three cycles of the circuit. Some of the exercises in the circuit will change every week. The circuit part of the workout will take about a half hour, so with check-in, warmup exercises, and a cool-down, we will spend a grand total of about an hour.



### **When and where does the class take place?**

We meet at Crab Cove Park on the Main Island, on the main lawn area, on Mondays, Wednesdays, and Fridays at 7:00 AM. Rain cancels, so be sure to get onto the email list for cancellation announcements, which I send out at around 6:00. Expect your shoes to get a little wet.

### **How much does it cost? How do I pay?**

Classes cost \$7 per session on a drop-in basis. You can also purchase either 6 or 12 classes in advance for \$36 or \$60 (\$6 or \$5 per session). You can pay by cash or credit card when you show up or you can visit my web site to use PayPal for the advance purchase options. However, since it will be a circuit with a set number of stations, the participation for each session is limited to the number of stations, and you will be admitted to the class on a first-come, first-served basis. If the class fills up regularly, I will offer a reservation system.

### **What should I bring to the class?**

Bring a towel or mat if you would like (although I provide mats), as well as a water bottle. And of course, bring a positive attitude and be ready to have fun!

### **Questions?**

Contact Marty (see below)!

*\*Certified by the National Academy of Sports Medicine (NASM)*

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