

Are you over 40??

Be The Runner

October, 2015

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 is starting a strength training class for anyone over age 40. We will meet up to three times per week and do a strength circuit together. The circuit will incorporate body weight exercises, as well as use a few simple tools, like dumbbells and elastic bands. We will typically have about 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 will the class take place?

We will meet at Lower Washington Park on the Main Island, right next to the tennis courts, on Mondays, Wednesdays, and Fridays at 7:00 AM. I will start a second group if there is enough interest. Rain cancels.

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 to use for any body weight exercises we do on the grass, 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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