

# FITNESS BEYOND FIFTY

## Trainer: Rhys Geske



Fitness friends over 50, Rhys wants to help you turn back the clock on your physical health and improve your lifestyle. This program will include all aspects of the fitness equation to help you feel healthy and increase energy & mobility!

**Strength Training**

**Cardiovascular**

**Flexibility**

**Nutrition/Healthy Recipes**

**Balance**

**May 23 - June 22**

**10:00am - 10:45am**

**Group Meets:**

**Tuesdays & Thursdays**

**Cost: \$150- 10 Sessions (\$15/session)**

*Every session will be tailored to "YOUR" level of fitness and capabilities.*

**Maximum 6 Participants**

Owned and Operated by  
Fargo Park District:



**Questions & Registration:**

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Connect With Us:

