

SILVER SENIOR STRENGTH

Trainer: Rhys Geske

Join Rhys for four weeks of small group training to begin reversing the aging process. Sessions will focus on:

- Increasing muscle strength & cardiovascular conditioning.
- Increasing flexibility & improving balance.
- Learning specific exercises that will benefit you.
- Nutrition for exercise and overall health.



Sept. 11 - Oct. 4
11:00am - 11:45am

Group Meets:
Mondays & Wednesdays

Cost: \$200- 8 Sessions (\$25/session)

Class size is limited to allow for a more "personalized" training experience.

Maximum 4 Participants

Owned and Operated by
Fargo Park District:



Questions & Registration:

Wayne Herrick
wherrick@courtsplus.org

CourtsPlus.org - 701.237.4805

Connect With Us:

