



**MAC** FITNESS

2017

# STRONG AT ANY AGE

This class will demystify the Fitness Facility, making it a place of comfort and success by teaching each person how to properly use the cardio equipment, machines, free weights, bands and other fitness toys.

*By the end of the class members will know safe, functional exercises to maintain/increase balance, flexibility and strength, as well as how to track their progress along the way.*

Sign up by email to  
[adaniels@macathletics.com](mailto:adaniels@macathletics.com)



**FREE 8-WEEK CLASS**  
(Meets once per week – 8 classes)

**MAC** | MANCHESTER  
ATHLETIC CLUB

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