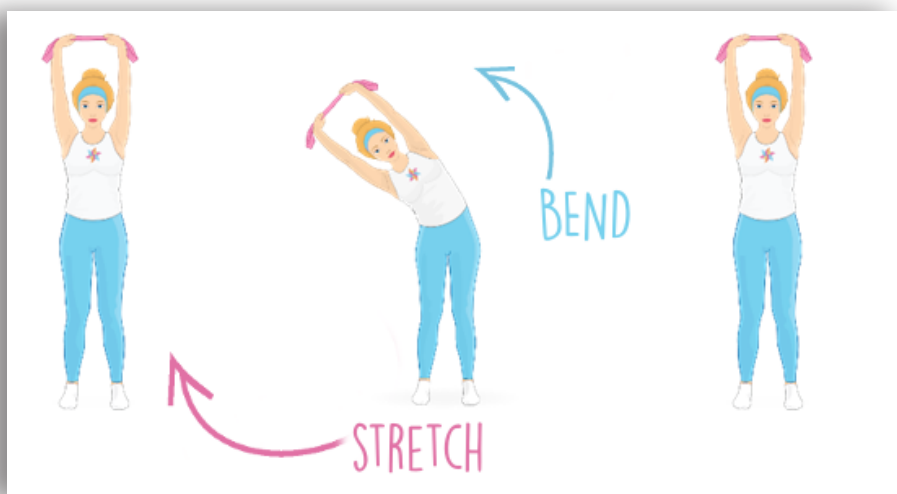


Movement with Mitzi – Summer Series

For more information on any Aging Partners Health and Fitness, call 402-441-7575.

Belmont Recreation and Senior Center
1234 Judson St.
Thursdays from 10:30 to 11:15 a.m.
June 6 through August 22

Mitzi Aden is a Certified Personal Trainer and Fitness Instructor who will lead this eight week series designed to give you a chance to continue or sample different types of exercises.



June 6 and June 20 – Bands and Balls: This is a fun class where we use balls and bands to improve flexibility, strength and tone muscles.

July 11 and July 25 – Movement with Mitzi: This class includes low-impact movements done while seated and standing near a chair. Upbeat oldies and modern music make this an empowering and fun workout.

Aug. 8 and Aug. 22 – Bend, Stretch and Breathe: Exercises in this class are based on concepts from Aging Backwards and geared toward lengthening and strengthening muscles. Movements are done from a chair but those who choose to can do some from the floor with a mat.

Please bring a mat if you would like to do some floor work.

Call 402-441-7575 to register or for more information.