



Seniors Fitness Workshop

***Workshop is for Active Seniors
or for Fitness Instructors and Trainers who work with Seniors***

Cost: FREE (but registration is required)

Date: March 12, 2011

Saturday @9:00am – 2:30pm

Location: Sportplex

Come out and learn about Senior's Fitness with Cori Boguski. Learn new, fun and most importantly safe exercises and workouts for our senior populations.

Seniors are getting stronger and fitter in our community. Senior fitness programs are one of the fastest growing programs in our community so don't miss out on this learning opportunity.

Warm ups, strength exercises, stretches, games and new cool downs will be taught. The exercises will be geared to a class style setting but information can be translated into other fitness settings.



Call Sportsplex to register for free 250.615.3000

