Pomfret Senior Advocate Commission

Senior Strength Training Fitness Program

Instructor, Terri Viani, NFPT Certified Personal Trainer

When: Wednesdays

Time: 9am to 10am

Where: Pomfret Senior Center, 207 Mashamoquet Rd, RT 44, Pomfret

Cost: $14.00 for the 8 week program

Cash or Check payable to Town of Pomfret (memo: Fitness Class)

Snow Policy: If Pomfret Community School is closed, the Senior Center is also closed (no class) If Pomfret Community School has a delayed opening-No class

This is an 8 week program sponsored by the Pomfret Senior Advocate Commission offered to seniors ages 55 and up in Pomfret and surrounding towns.

All participants are advised to wear comfortable clothing and sneakers and bring a bottle of water.

This is a challenging, fun, easy to follow strength training routine for seniors. Class can be performed from either a standing or seated position. **Suitable for all levels of fitness.**

The class focuses on building muscle endurance, rather than muscle size, by employing lighter weights for repetitions, and looks to increase the ease with which seniors perform their activities of daily living: walking, carrying (bags, animals, and grandkids), climbing stairs, and the SIGN UP BELOW

NAME PHONE #

PLEASE VISIT THE POMFRET SENIOR CENTER TO SIGN-UP

OR CONTACT JUDY MILLER AT millerjudy@charter.net

PAYMENT CAN BE MADE AT FIRST SESSION