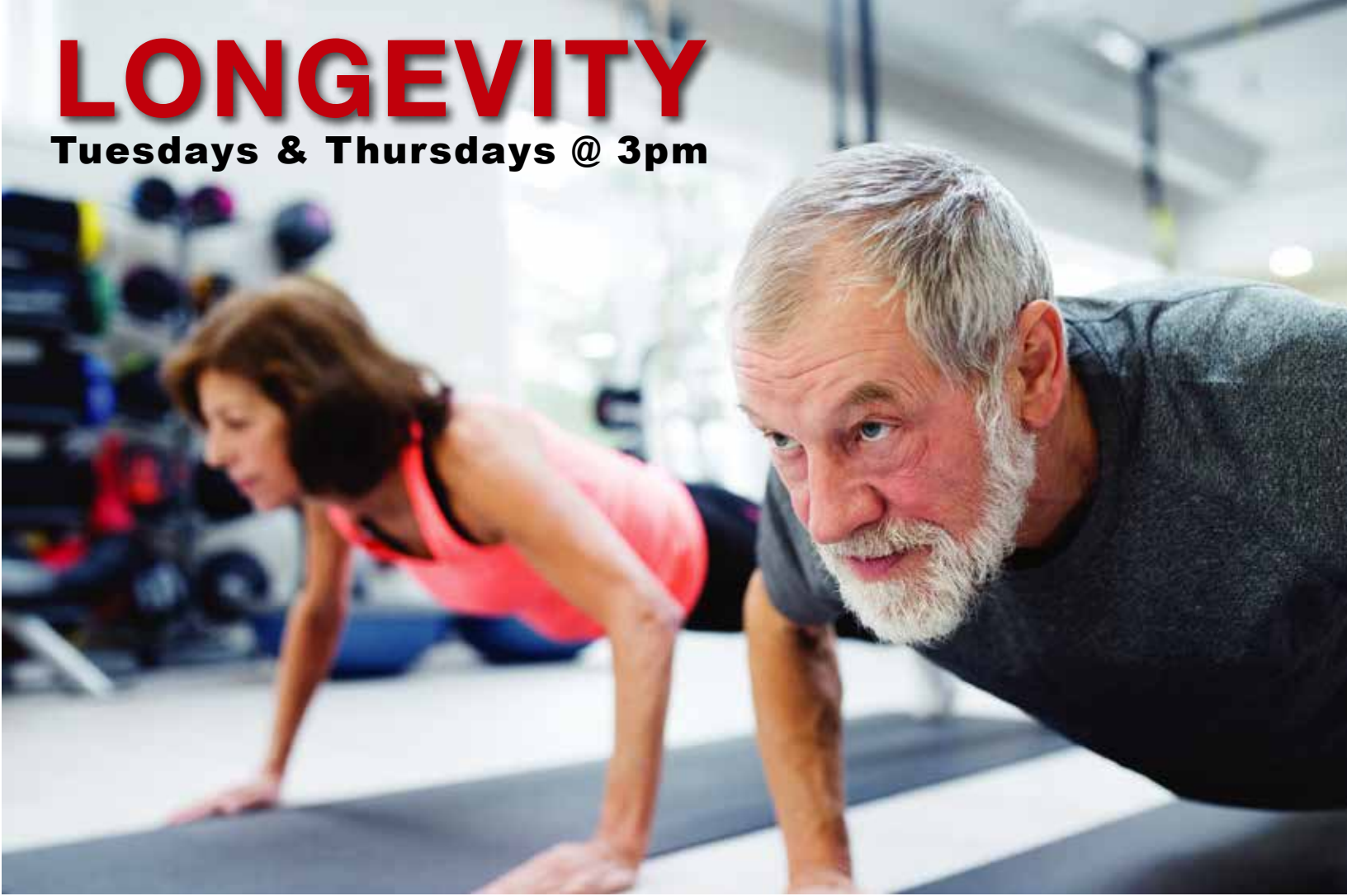


LONGEVITY

Tuesdays & Thursdays @ 3pm



- 🔗 Designed to meet the needs of the mature athlete.
- 🔗 The program consists of low impact cardio training, stretching, and functional movements designed to increase strength, flexibility, mobility and independence.
- 🔗 Participants will be led through a workout in a group setting by one of our trained coaches with other athletes of similar age and similar ability.
- 🔗 The workouts are tailored to this specific population and no previous workout experience is needed.
- 🔗 Each class is approximately 60 minutes in duration.

First Week Free | No Obligation
Call 502-509-3801 -or- email staff@4bfit.com to enroll