

Resistance Band Exercise

With Karen

Mondays at 9:00 AM – 10:00 AM



Resistance bands are inexpensive, safe, transportable and provide seniors with external resistance during weight training.

Strength training builds strong muscles and bones while improving seniors' abilities to carry out activities of daily living. According to the American Arthritis Association, regular weight training fights age-related muscle loss. The Centers for Disease Control and Prevention report that resistance training improves balance and reduces symptoms of chronic disease, including arthritis.

Sign up today for this fun way to work out and gain back your strength!

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