



FIT FOR SENIORS

Fit for Seniors is an hour-long Tuesday/Thursday class offered at North Domingo Baca Multi-Generational Center, 7521 Carmel Avenue, Albuquerque, from 9:10am – 10:10am, beginning on Tuesday January 7, 2020. All you need to bring is a yoga mat; dress comfortably in workout clothes and tennis shoes.

- Fit for Seniors is designed to gain full body muscle strength and flexibility through different planes of movement with many repetitions – with the focus on proper form, posture and core strengthening.
- Classes will incorporate using body weight to perform many exercises and future progressions will include using resistance bands and hand weights. A portion of each class will include stretching.
- Modifications will be offered for those who need them. Most movements will be performed from the floor, but modifications will include chair or wall work demonstrations.
- A waiver and health history form will be completed prior to the first day of class. If paid in advance each month (eight classes per month), the cost is \$24 (\$3 per class). Drop-in cost is \$5 per class. Also needed is a \$20 annual membership fee for North Domingo Baca Center – [click here](#) for NDB website membership information.

Fit for Seniors will be facilitated by Marta Lucas. Marta is a Certified Personal Trainer with the American Council on Exercise. Marta is also a licensed NM massage therapist. Contact Marta by [email](#) or phone (505-321-9976 for more information or with questions.