

Fit Over 50 Series

in the Greater Hampton Region

FREE

COME JOIN US! This fall to Mid-March for our **NEW** Fit Over 50 Series designed for older adults (50 Plus). We have Fitness Instructors lined up to bring you activity classes **4 days a week** in **6 convenient locations** with **3 different types of class options!**

These classes are sure to help you prevent physical deterioration; gain control of your life, bodies, and health; reverse weight gain; increase range of motion; and help you stay connected to friends.

SAVE THE DATE!!
Starting **Sept. 13**

Class Schedule

DAY	CLASS TYPE	LOCATION	TIME	INSTRUCTOR
TUESDAYS	Flex n Flow	Upham WI Hall (2117 Rte. 820)	10am-10:45am	Paulette Haines
	Flex n Flow	Moss Glen Legion (1356 Rte. 845)	6:15pm-7pm	Monica Hogan
WEDNESDAYS	Flex n Flow	Nauwigewauk Community Center (36 Darlings Island Rd.)	9am-9:45am	Janice McCurdy, Lifestyles Health & Fitness Studio
	Flex n Flow	Hampton Senior Resource Center (31 Demille Ct.)	10:15am-11am (*New Time*)	Janice McCurdy, Lifestyles Health & Fitness Studio
THURSDAYS	Fun & Fitness*	Hatfield Point Baptist Church Hall (2136 Rte. 124)	10am-10:45am	Jeannette Jonah
FRIDAYS	Stretch & Strength	Bloomfield Church Hall (45 Bloomfield Rd.)	9am-9:45am	Kim Long, Lifestyles Health & Fitness Studio

*We will look to transition the Fun & Fitness Class to an Aqua size class when the Belleisle Community Pool reopens.

FLEX N FLOW:

This class uses a combination of gentle aerobics, strengthening and lengthening moves that will assist in postponing and tackling the signs of aging.

FUN & FITNESS:

Keep trim and limber with this programme of exercises you can even do at home.

STRETCH & STRENGTH:

This gentle class is practiced sitting on a chair, or standing using a chair for support. Through a series of stretching and strengthening exercises, participants will build core strength, balance and flexibility.

PARTICIPANT TIPS & HINTS:

- ✓ Wear comfortable clothing & indoor sneakers.
- ✓ Bring a bottle of water.
- ✓ Drop-in: no pre-registration.
- ✓ Your first time to class arrive early to complete your waiver and health form. (Available online www.rsc8.ca and onsite.)
- ✓ Workout at your own pace.
- ✓ No experience needed.
- ✓ Men and women welcome.
- ✓ **If school is cancelled due to inclement weather, class will be cancelled.**

Brought To You In Partnership By:

The Hampton Senior Resource Center, the Nauwigewauk Darling Seniors Club, the Hammond River Valley Seniors Club, the Kingston Friendship Club, the Kingston Peninsula Pearls, & the New Horizons For Senior Program.



For more information contact, Regional Leisure Services Coordinator, Natalie Reid, by phoning 832-6418 or by emailing nreid@rsc8.ca or your local Seniors Club/Center.

Visit us online at www.rsc8.ca or like us on Facebook "Hampton Regional Leisure Services Committee"