



St. Mary's College of Maryland

at Historic St. Mary's City

Office of Lifelong Learning & Professional Programs

Mature Muscles

Strength Training & Stretching for Those Approaching Age ???

Safe exercises that will strengthen your muscles and bones, enhance your flexibility and balance, and increase your energy. Teaching based on sound exercise principles using correct body mechanics and joint protection. Equipment will be provided.

Instructor: Susan Nash, Certified Exercise Instructor with over 15 years of experience training the older adult population.

Location: Athletic & Recreation Center Group Fitness Room

Schedules & Fees:

Select	Sessions	Dates	Times	Cost
	12	Mondays, Sep. 15 – Dec. 8 (No class Nov. 24)	5:30 – 6: 30 pm	\$120
	12	Thursdays, Sep. 11 – Dec. 4 (No class Nov. 27)	5:30 – 6: 30 pm	\$120
	24	Mondays & Thursdays, Sep. 11 – Dec 8 (No class Nov. 24 & 27)	5:30 – 6: 30 pm	\$200

Fees may be paid by check payable to St. Mary's College of Maryland. Credit cards are accepted only for registrations delivered in person to the Business Office, Margaret Brent Hall.

Name: _____ **Birthdate:** _____

Address: _____

Phone: _____ **E-mail:** _____

Mail registration forms to: St. Mary's College of Maryland
 Attn: Cashier
 18952 East Fisher Road
 St. Mary's City, MD 20686-3001

Questions??? Please contact the Office of Lifelong Learning & Professional Programs at 240-895-2200