



# St. Mary's College of Maryland

at Historic St. Mary's City

## Office of Lifelong Learning & Professional Programs

# Very Mature Muscles

## Strength Training & Stretching for Those Over Age 70

While exercise is an important of a healthy lifestyle at any age, it is particularly critical to those over the age of 70. Exercise will strengthen your muscles and bones, enhance your flexibility and balance, and increase your energy. It is equally important to exercise properly, so as to maximize the benefit while minimizing the risk of injury. The teaching for Very Mature Muscles is 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

**Schedule:** Mondays, April 20 – July 13, 3:30 – 4:30 pm (No class May 25)

**Fees:** \$120 (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. The Business Office is moving to its new location in January. Please call 240-895-2200 for directions.)

**Name:** \_\_\_\_\_ **Birthdate:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Mail registration forms to:** St. Mary's College of Maryland  
Office of Lifelong Learning & Professional Programs  
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