



St. Mary's College of Maryland

at Historic St. Mary's City

Office of Lifelong Learning

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

Schedules & Fees:

Select	Sessions	Dates	Times	Cost
	12	Mondays, Sept. 12 – Dec. 5	3:30 – 4:30 pm	\$120
	12	Thursdays, Sept. 15 – Dec. 8	3:30 – 4:30 pm	\$120
	24	Mondays & Thursdays, Sept. 12 – Dec. 8	3:30 – 4:30 pm	\$200

(No class on November 21 and 24.)

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.

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 at 240-895-3007 or arguzman@smcm.edu