



Empower Fitness
Online ZOOM
Class for
Lawrence Twp. Senior
Center Members
SPRING SESSION



...a specially designed fitness class offered to participants of the Lawrence Township Senior Center
Lawrence Residents
60 and Older.

ZOOM Classes Resume
Thursday
May 20th thru June 24th
9:30 to 10:15am
Six More Sessions

Get fit in the safety and comfort of your home!

GET UP AND GO...
A full body fitness workout

This class is designed to improve one's overall fitness level, while having fun and feeling good! Become stronger and improve stability and balance, too.

Class includes a combination of standing and seated exercises, suitable for almost every fitness level. The chair can be used for support and safety, as needed. Modifications will be presented to suit different levels.

Participants will follow sequences:

- ❖ *Warm-Up*
- ❖ *Upper Body Strength*
- ❖ *Joint Flexibility*
- ❖ *Dance Cardio*
- ❖ *Static Balance*
- ❖ *Lower Body Strength*
- ❖ *Dynamic Balance*
- ❖ *Cool-Down*
- ❖ *Breathing and Meditation*

Classes taught by experienced fitness professionals!



Joan Brame, Ph.D., is a certified personal trainer, a certified cancer exercise specialist, and a certified Silver Sneakers FLEX instructor. Joan was the owner-manager of Empower Fitness Gym for Women, located in the Lawrence Shopping Center, for 16 years. She has provided fitness consultations to several community organizations in Mercer County. Joan is currently the owner/class instructor of Empower Fitness Online.

Heather Walker is a professional dance instructor, a Personal Trainer, and a certified Silver Sneakers FLEX instructor. Heather was owner/director of Jaztabal Dance in Bordentown for 27 years. Recently, she was a fitness trainer and class instructor at Empower Fitness Gym for Women for 11 years. Heather is currently co-manager and class instructor for Empower Fitness Online.

To register for the Class and Senior Center Membership
Contact: 609-844-7048
30 East Darrah Lane, Lawrence Twp.
cphillips@lawrencetwp.com and/or
llasalle@lawrencetwp.com

All Participants Must Register with the Senior Center to Receive the Class Link.

