



# GERI-FIT®

## Strength Training Workout for Older Adults



### Geri-Fit® Lifestyle Change Program Helps...

- ✓ Increase Muscular Strength
- ✓ Improve Balance and Coordination
- ✓ Boost Motor Skills and Reaction Time
- ✓ Enhance Flexibility and Gait
- ✓ Lessen Arthritic Conditions
- ✓ Manage Chronic Disease

Geri-Fit® is a 45-minute evidence based strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more.

There's no dancing, aerobics, or choreography to learn and you never have to get on the floor. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!

Bring a set of 2 or 3-pound dumbbells, a stretch band, and water to drink.



**Class size is limited and advance registration is required.**

**TO REGISTER, CALL:  
913-757-2151**



#### WHERE:

Library District #2 of Linn County  
209 N. Broadway, in Swan Room

#### WHEN:

Mon & Thurs 11:15-12:00 PM

**FEE:** FREE! Limited space.  
Please RSVP at the Front Desk.

#### DATES / TERMS:

January 14 - February 7  
February 11 - March 7  
March 11 - April 4