



Heather Boucher cPT

BABY BOOMERS LOOSEN UP



January 16th – February 20th
Wednesdays @ 10:30-11:30am
Antrim Town Hall

Cost: 6 week class \$40.00 or \$8 per class

This is a program recommended for people who have already celebrated their 50th birthday. Designed to maintain and increase your flexibility, range of motion and balance by decreasing muscle tension and stiffness in the joints.

This is a great class to take if you want to loosen up and feel better!

Group Fitness • In-home Personal Training • Weight Loss Consultant
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