

# Senior Fitness



## One Hour Sessions

**-30 minutes of supervised and directed resistive exercise and balance training with our senior fitness specialist.**

**-30 minutes of independent cardiovascular exercise**

**As low as  
\$10 per half  
hour session**



**Group &  
Individual  
session  
rates**

**BODY IN BALANCE GYM**

**611 OLD WILLETS PATH      HAUPPAUGE**

**631-232-5350**