

Fitness for Seniors



To register: 305-919-5900

Course

For this interactive class, students will participate in a circuit-style fitness routine that will consist of individualized resistance training and aerobic exercises. During the fitness circuit, students will rotate through a total of 10-15 stations performing different exercises at each station. The total class time will be 90 minutes (i.e., instruction, warm-up, exercises, cool down and wrap-up).

The class will focus on the follow:

- Calisthenics (body weight exercises)
- Resistance training
- Aerobic exercise
- Core stability

Exercise bands included for all participants. CLASS SIZE IS LIMITED. Students will also have the opportunity to participate in a research study for FIU's Kinesiology department.

Details

Wednesdays

10/30, 11/6, 11/13, 11/20,
12/4, & 12/11

12:30 – 2:00 pm

\$100

***Class size is limited.**

Instructor

TBD



at



Osher Lifelong Learning Institute at FIU
305.919.5900 | olli@fiu.edu | <https://olli.fiu.edu>
3000 Northeast 151 Street, North Miami, FL 33181