

# 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

Tuesdays

10/29, 11/5, 11/12, 11/19,  
12/3, & 12/10

10:30 am – 12:00 pm

\$100

**\*Class size is limited.**

## Instructor

Kalimah Small is a certified NCSF personal trainer and has been a sport and exercise professional for the past six years. Kalimah's career in fitness started when she became a certified lifeguard for the City of Fort Lauderdale. She went on to teach swimming lessons for the YMCA and other schools for several years. Currently, Kalimah's love for fitness and exercise has brought her to FIU where she is a full-time Sports and fitness studies major. In the future, Kalimah has the hope of earning a PhD in Psychology. A quote that best describes Kalimah's fitness philosophy is, "Your body can stand almost anything. It's your mind that you have to convince." Kalimah looks forward to seeing you in class.



at



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