



Reebok Sports Club/NY presents

Fitness for Life

with Patch Schwadron

Sundays, January 24th – February 14th
4:00 – 5:30pm

Are you an active older adult and afraid of the group exercise environment? Are you intimidated by complex choreography or seemingly difficult exercises? The benefits of exercise actually increase with age. Participate in any class and feel good about it by taking advantage of this special series of four classes to learn the fundamentals as well as how to adapt any group exercise class to your body and fitness goals. Each of the four 90-minute sessions will begin with a demonstration of proper alignment as well as a discussion of the basic components of fitness: body composition, the cardiovascular system, muscular strength, flexibility, and balance. Specific exercise guidelines will be taught, and participants will come away with the knowledge they need to achieve their personal fitness goals, safely and efficiently – for life!

The 60-minute workout portion will include a 5 minute warm-up, 20 minutes of non-impact aerobics, 10 minutes of weight training, 15 minutes of cool-down, stretch, and relaxation. Have fun, get a great workout, and learn about how to stay injury free. Open to all levels and body types.

Member: \$30 per class, \$100 for the series
non-member: \$45 per class, \$150 for the series

Patch Schwadron is an ACE certified fitness instructor, former ballet dancer and current career counselor at The Actors Fund. Patch is passionate about wellness and fitness, and is committed to motivating others to build strength, flexibility and wellness into their everyday lives.

Please contact Anne-Sophie Rodriguez, Group Exercise Coordinator, at 212.501.1419 or asrodriguez@reeboksportsclubny.com for more information and to register.


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