

Balance Strength and Tone

Northern Blair Senior Center

505 3rd Street, Tyrone

814-684-7853

Mondays, Wednesdays and Fridays at 9:30 a.m.



Fitness class designed to Increase:
Balance
Endurance
Muscle Strength
Range of Motion

Gentle Fitness
Fitness Class Geared to Older
Adults who want to stay
strong & mobile. Free to
adults 60 and over.



Class Incorporates:

Warm-up

Weight Resistance

Stength Training

Cool Down



**BLAIR SENIOR
SERVICES**

AREA AGENCY ON AGING