**Functional Fitness for Older Adults**

**Exercise Classes**

**Reserve Your Place Today!**

In an effort to provide safe and effective exercise instruction, the class size is limited to 12 participants.

“*Physical activity may not be the fountain of youth, but it’s the closest thing we have*. - Thomas L. Schwenk, M.D.

**Policies**

1. Individuals wanting to participate in classes can pay by check or credit card. Participants must register prior to attending class.
2. Full and/or Refunds are provided for the following reasons:
   a. Injury or illness. A doctor’s note must accompany a written request for refund.
   b. Fitness level required by the class proves inappropriate for the participant. Participant must make this decision within the first week of the class.
3. Missed class: Participants may attend during “open gym” hours. See staff for specific hours.
4. If a class is cancelled we will make every effort to contact participants by phone.

**Prices are subject to change without notice.**
Functional Fitness for Older Adults is an exercise class that was developed to help participants combat the detrimental physical and cognitive effects of aging such as:

- Muscle loss (sarcopenia)
- Compromised balance and reaction time
- Bone loss (osteopenia & osteoporosis)
- Decreased muscular endurance & energy
- Decreased flexibility
- Worsened posture
- Arthritis
- Increased frailty
- Memory loss

Research demonstrates that regular exercise is very effective in reducing some of the negative physical, cognitive and emotional effects of aging. (ACSM, 2012).

Our 8-week **FUNctional Fitness for Older Adults** exercise class is designed to improve your overall function, health, independence and quality of life. You will learn exercises to improve your strength, endurance, coordination, balance, reaction time and flexibility.

### Program Information

Each class meets for 90 minutes, 2 times per week for 8 weeks on the following days.

**You can register for a M/W class or T/Th class.**

**Monday & Wednesday Classes**
- 9:30am - 11:00am
- 10:30am - 12:00pm
- 1pm - 2:30pm

**Tuesday & Thursday Classes**
- 9:30am - 11:00am
- 10:30am - 12:00pm
- 1pm - 2:30pm

**Note:** All participants have access to the studio during “open gym” hours while enrolled in the class. See staff for specific days and times.

### Criteria for admission:

- 62 years of age and older (exceptions may be considered)

- Participants must be able understand and retain verbal and visual instruction, and walk with or without a cane or walker.

- Written exercise clearance from your doctor is required prior to starting the class.

- Completion of a health history intake form, signed release and fitness assessment.

If you have any questions regarding your ability to participate in this program please call us at 734-232-1196. Space is limited.

### Program includes:

- An initial fitness assessment to measure your fitness level in the areas of strength, cardiovascular endurance, flexibility, balance and agility.

- An initial consultation with a degreed Exercise Specialist to review your health history, exercise experience, fitness and functional goals.

- Two supervised group exercise classes per week for 8 weeks. Open gym hours available as well.

- Orientation and on-going instruction on exercise equipment including strength, treadmills, NuSteps, recumbent and upright stationary bikes, elliptical, bands, balls, free weights, etc.

- On-going introduction to home exercises to improve balance, posture, coordination and flexibility.

### Program Fee

$175.00 (initial fee)

$110.00 (renewal)

*We accept checks, Visa, MasterCard & Discover*

Sorry, we do not accept insurance

Prices are subject to change without notice

For more information contact us:

(734) 232 - 1196

Email: pmr-transitions@med.umich.edu

http://pmr.med.umich.edu/transitions