



Los Alamos Cooperative Extension &
Betty Ehart Senior Center present



ExtensionGetFit

Strength Training Program

ExtensionGetFit is a community-based strength training program targeted to older adults.

Based on research, the program is designed to increase strength and improve balance and flexibility.

To sign up please attend a drop-in information session, registration, & pre-test physical assessment.

Aug 12 or Aug 15, 1-4 pm
At Betty Ehart Senior Center



Classes will be held most Tuesdays & Thursdays starting August 20 at Betty Ehart Senior Center

WHY EXTENSIONGETFIT?

- Safe and structured
- Appropriate for all fitness levels
- Supportive group environment
- It's fun!
- Donations accepted

FOR MORE INFORMATION CONTACT:

Desaree Jimenez
505-662-2656
deswhitf@nmsu.edu

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Los Alamos Cooperative Extension in advance at (505) 662-2656 or deswhitf@nmsu.edu.



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