



# Small Group Training for Seniors

Join Certified Personal Trainer, Karen Baker, for small group coed personal training. This is geared for seniors to improve and enhance strength, balance, overall fitness and support bone health. You will work in small groups with 5 - 6 other students using hand weights, barbells, stretch bands, kettlebells, TRX, and weight machines etc., to improve your balance, strength, and muscle mass. We will incorporate squats, bench presses and deadlift techniques.

Strength training has been proven to help seniors improve balance, muscle strength and bone density, all critical to minimizing fall risk, mitigating the effect of osteoporosis and maintaining an active senior life.

## Equipment Required:

Please wear athletic shoes and bring a water bottle.



**Training days:** Monday & Wednesday mornings – *contact Karen for exact time*

**Training Fees:** \$150/mo (payable beginning of each month)

Walk-ins available upon request- \$25/hr (contact Karen for exact time)

**Location:** **Sahuarita Gym** - 101 South La Cañada Drive Suite 23, Green Valley, AZ 85614

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Certified Personal Trainer, Yoga, Pilates & Fitness Instructor  
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