

LOW IMPACT PLUS

Don't let joint pain hold you back. Elevate Your Fitness Journey with Us!

LOW IMPACT BENEFITS:

- ✓ ENHANCED BALANCE
- ✓ ENHANCED STABILITY
- ✓ ENHANCED STRENGTH
- ✓ EASY ON THE JOINTS

TUESDAYS/THURSDAYS | 10:30AM - 11:15AM
\$50 PER PARTICIPANT

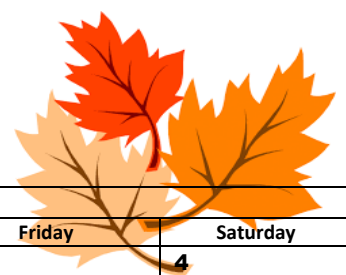
REGISTER NOW



Nov 2nd -
30th



NOVEMBER 2023 LOW IMPACT



<i>Classes are subject to change</i>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Low Impact Plus – 10:30 a.m.	3	4
5	6	7 Low Impact Plus – 10:30 a.m.	8	9 Low Impact Plus – 10:30 a.m.	10	11
12	13	14 Low Impact Plus – 10:30 a.m.	15	16 Low Impact Plus – 10:30 a.m.	17	18
19	20	21 Low Impact Plus – 10:30 a.m.	22	23 HAPPY THANKSGIVING GYM CLOSED 	24 BLACK FRIDAY GYM CLOSED 	25
26	27	28 Low Impact Plus – 10:30 a.m.	29	30 Low Impact Plus – 10:30 a.m.		

Low Impact Plus provides a specialized training program that focuses on enhancing balance, stability, strength, and joint integrity through low-impact exercises. This class is ideal for people with bone or joint problems, or those who are recovering from an injury or surgery. The training uses various equipment such as free weights, benches, bands, and body weight to execute resistance-based, load-bearing exercises. The class also offers modifications tailored to the specific needs of each participant.

Cost: \$50 per month

Classes: Tuesdays/Thursdays from 10:30 am to 11:15 am.



YOUTH FITNESS FOUNDATIONS

NOV 2nd - 30th
\$60

TUESDAY/THURSDAYS
6:30PM - 7:30PM

Help your teen spend less time being sedentary and more time being active! Build healthy lifelong habits with our youth fitness classes!



BOYS & GIRLS AGES 9-16



@ BRUSHY LAKE
FITNESS CENTER

