

Dynamic Aging Course


DATE: Meets twice a week Wed. & Fri.,
Sept. 18 – Oct. 11, 2019

TIME: Noon – 1 pm

WHERE: Body Renewal & Rejuvenation
2130 Five Mile Line Road
Penfield, NY 14526

COST: Early Bird Special if paid by Aug. 16 –
\$110 including a book, \$100 without a
book. Afterwards \$115 w/book, \$105
without book.

TO REGISTER: Call/Text Jackie at (585) 315-1726
or
Email info@BodyRenewal-NY.com



4-Week Exercise Class Series on
Dynamic Aging!

- Classes will walk you through all exercises in *Dynamic Aging*
- Early bird \$110 including a book, \$100 without book if paid by Aug. 16. Afterwards \$115 w/book or \$105 without.
- Taught by Jackie Holtzman
- Enroll by calling or text Jackie at 585-315-1726

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WED & FRI
Noon - 1 pm

Classes held at
Body Renewal & Rejuvenation
2130 Five Mile Line Rd, Penfield NY

This 4-week course will lead you through all of the exercises in the book ***Dynamic Aging***. I will show you how to start waking up parts of your body that have been “asleep” for a while and how to start building more movement into your life! The exercises consist of mostly postural adjustments and stretches, all of which can be scaled to your particular strength and mobility. This class is designed for those 50-80+ and who have been cleared for exercise.

The book is not required, but all of the exercises you learn will be referred to in the book for your reference when you go home.

Please join me for this course if you are cleared for exercise, want to wake up sleepy parts of your body, and want to learn how to add more movement into your life.

To register:

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or

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