



CHOOSE TO MOVE!

New Class at Stonegate Country Club

Functional Fitness for Health and Vitality

This class is designed for both men and women who want to restore their health through movement that is invigorating and engaging!

*The instructor is certified to teach **Silversneakers**, **Silver & Fit**, and **Active & Fit** fitness programs, so members are encouraged to participate.*



Class Description: *Functional fitness exercises train and strengthen your muscles to help you perform activities of daily life more easily. Other benefits include increased stamina and flexibility, improved balance, and last but not least, an elevated mood and sense of well-being.*

Location: Stonegate Clubhouse

Days: Tuesdays and Thursdays

Time: 2:30PM–3:30PM

Contact Info: Instructor, Steve Bonnel

Email: sbonnel@att.net

