



STRENGTH TRAINING FOR SENIORS

When: Tuesdays & Thursdays

Time: 10:30am - 11:30am

Where: Library Screening Room

Registration: Required

Cost: Free

Are you interested in joining a strength training video-led fitness program conducted by the Geri-Fit® Company and Massena Public Library? You will be led by a qualified instructor as you exercise to a series of Geri-Fit® DVD workouts that will be shown throughout the duration of the session. Most of the exercises will be performed seated in a chair and you will not have to get on the floor. If you'd like further information or would like to register for the program, please contact the library.