

# MOVE, STRENGTHEN AND STRETCH



*with Julienne Camhi, CPT*

This popular, new fitness class for active seniors at the Wilton Senior Center combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body.

Julienne Camhi has ten years of experience and is a certified Health Fitness Specialist, Personal Trainer and Group Exercise Instructor. She is a Certified Personal Trainer with Visiting Nurse & Hospice of Fairfield County.

**Fridays, beginning January 7th**

**10:00 -11:00 a.m.**

**Wilton Senior Center, 180 School Road, Wilton**

**Drop-in fee \$3.00 per class**

Call Lizabeth Doty at 203-834-6240 for more information.