

Acadia Active Aging Program

Exercise sessions with the aim of improving your physical fitness and health through group exercise and individualized programs.

All exercise sessions will be held in the Acadia Arena Complex. The group will meet twice per week and focus on improving:

- Aerobic (cardio-respiratory) fitness
- Strength and Power
- Flexibility
- Balance and Coordination
- and most importantly, your HEALTH!



FEE: Participants will be required to pay a fee of \$50 for 1 semester or \$80 for 2 semesters.

DATES: Interested participants will be required to attend a registration session which will include filling in health questionnaires and a baseline fitness assessment on either:

Monday September 27th or Thursday September 30th

The program will begin on *Monday October 4th* and will run for 8 weeks on Mondays and Thursdays from 8:30am to 9:30am.

Upon completion of the 8 week program, participants will be asked to attend a follow-up fitness assessment on either:

Monday November 29th or Thursday December 2nd.

CONTACT

Interested participants should contact the program director:

Shilpa Dogra

Email: shilpa.dogra@acadiau.ca or

Phone: (902) 585-1566

