

2021 Retirees

Experienced

Resourceful

Engaged

Health & Wellness Webinar Series

Fit & Fabulous...

at any age

Express Fit Classes

30 Minutes

These 30-minute express fit classes are appropriate for everyone and every fitness level as they utilize low-impact exercises. Sessions consist of a warm-up, cardio set, exercises that focus on a particular muscle group (e.g. arms, legs, abs, glutes), followed by a cool-down. Light weights and a mat are highly recommended, but not required.



Presenter: Susan Lafond
AFAA certified Primary Group
Exercise Instructor
Level II Spinning Instructor



WEDNESDAY – APRIL 7TH

9:30 A.M. – 10:00 A.M.

WEDNESDAY – APRIL 21ST

9:30 A.M. – 10:00 A.M.

WEDNESDAY – MAY 5TH

9:30 A.M. – 10:00 A.M.

WEDNESDAY – MAY 19TH

9:30 A.M. – 10:00 A.M.

[Click to Register](#)

If you have any questions, please contact Andrea Tersigni,
Retiree Services Admin at: Andrea.Tersigni@nysut.org