

## **Rock Star Boot Camp Gold – Fitness and Fun!**

*Would you like to be able to play on the floor with your grandchildren and stand up without any help?*

*Do you want to carry a bag of groceries from your car into your home without being breathless?*

*Do you want to maintain your independent lifestyle for years to come and have fun while you increase your strength, endurance and balance?*

If you answered YES to any of those questions, then it's time to join Rock Star Boot Camp Gold for older adults! There will be an Open House so you can see for yourself what Book Camp can do for you. All you need is a willingness to get stronger, improve your balance and have fun.

The instructor, Julie Luedtke, is a certified personal trainer through American Council on Exercise, certified Silver Sneakers™ instructor and is a Certified Senior Fitness Specialist through the National Institute of Health Science. She will lead the class in a variety of exercises utilizing weights, stretch bands and body resistance.

If you think this all sounds boring and something you can do at the gym, think again. The class always changes and the participants have fun while they increase their strength, work on their balance, and engage in brain activities. When was the last time you did a group exercise class that focused on making a snowman by lifting weights and singing "Frosty the Snowman"?

"This is a great way to keep the bodies that God has given to us working well. Come and join the fun and fitness!" – Marilyn and Jim

"Julie rocks!" – Josey and Bruce

"Julie works on all the things our aging bodies need: balance, coordination, brain and fun! Come join us!" – Donna

"Whoever thought getting fit could be so much fun!" – Paulette R.

If that isn't enough to convince you to participate in Boot Camp Gold, bring a friend and work out together. The music is familiar and participants can sing along. There are special fun workouts that change with the seasons.

"So much fun! And a great workout, too!" – Melanie H.

"Stronger, better balance. Love the instructor." – Connie S.

"Love the different things we do – never know what to expect." – Linda O.

So if it's time for you to take that step and join other older adults in the community to regain your strength, energy and increase the quality of your life, join Rock Star Boot Camp Gold.