

FREE

Every Wednesday at 10:15 am

Designed for people of all fitness levels

Personal Trainers

Rebecca Tredeau & Daniel Harlow

FALL PREVENTION Program

Classes Feature

- Warm up and stretching
- Exercises that include raising arms over head while seated, partial squats, tandem stepping and high speed stepping in place.
- Functional activities that include sit to stand, walking and turning.
- Group activity such as relay race or ball game
- Relay races include walking on toes, walking backward, stepping in and out of hoops
- 5-10 minute cool down

*NO SIGN UP NECESSARY
YOU CAN ATTEND ANY CLASS*



FREE weekly physical activity program.

Milford Senior Center • 60 North Bow Street, Milford MA

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