

Senior Strength Training

Mondays, 6:30 - 7:30 P.M.

**Steeple Center, Room 200
14375 South Robert Trail
Rosemount, MN 55068**

**Next Session:
January 9th-30th**

\$40/Session (4 Classes)

Certified Kettlebell instructor Ben Swarts will be leading a new strength training class designed specifically for seniors! Mobility and strength will be the primary emphasis of the class, with the goals being improved quality of life, and increased ability to be active and engaged within your communities and families. While the primary equipment that will be used will be a kettlebell for exercises such as loaded carries, overhead presses, deadlifts, squats and more, participants will also learn to utilize their own bodyweight for movements such as planks, squats, and pushups. **Don't be intimidated – no experience with strength training is necessary to participate!** All equipment will be provided, but participants are encouraged to wear comfortable clothing and shoes and bring a water bottle and their own mat.

NEW!

Registration Deadline:
Monday, January 2

Register online, or return a completed Registration Form to the drop box at the Steeple Center, via mail, or in person at the Rosemount Parks & Recreation Office in the lower level of the Community Center (13885 South Robert Trail).

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651-322-6000
www.ci.rosemount.mn.us/parks

