

INTRODUCING Fit 50+

EAC's new program for the 50+ community!

Introductory SPECIAL – limited time offer!

\$59 for TWO sessions a week!**

Join EAC trainers **Dave Quader** and **Lauren Weinhold** on **Monday and Wednesdays**, starting **October 5th – 9:30-10:30am!**



Fit 50+ is a 4-week training program designed to improve performance in daily tasks such as walking, carrying groceries, or navigating stairs.

Fit 50+ will help you:

- Prevent Falls
- Gain Strength
- Improve Flexibility
- Move Better

**After October 31, prices PER MONTH:

1 Session / Week - \$59

2 Session/Week - \$99

Special Rates:

Drop-In Session \$20 / Five Sessions \$80

Questions:

Dave.Quader@gmail.com OR 410-796-2582

