



SeniorFITness™ is a specialized wellness program for seniors designed to enhance quality of life through increased strength, balance and flexibility. The program addresses aging issues such as balance and fall prevention, staying fit and tips to leading a healthy lifestyle.

With their physician's approval, every participant in the program receives a customized fitness plan developed by a certified Fitness Specialist. Results are measured and progress is tracked to document the success of every participant.



FELLOWSHIP SQUARE PHOENIX

A Not-For-Profit Christian Care Community

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FellowshipSquarePhoenix.org



"The Senior Fit classes are so much fun. Our fitness instructors impart so much knowledge about how our bodies work as they direct us with stretching, weight bearing exercises and cardiovascular exercises. And yet, they are also our cheerleaders, encouraging us to do the best we can. It may sound like tedious work, but we laugh and joke so much that it is pure joy to be there while our bodies are getting stronger and healthier."

- BARBIE B., FELLOWSHIP SQUARE RESIDENT

