Reserve Your Place Today!

In an effort to provide safe and effective exercise instruction, the session size is limited to 10 participants.

“Physical activity may not be the fountain of youth, but it’s the closest thing we have”.

- Thomas L. Schwenk, M.D.

Policies

1. Individuals wanting to participate in the program can pay by check or credit card. Participants must register prior to attending.

2. Program participation may be suspended due to injury or severe illness.

3. Missed session: Participants may make up sessions during open studio hours

4. If a session is cancelled we will make every effort to contact participants by phone or email.

5. Price may be pro-rated for 4 or more consecutive missed classes (2 weeks). Staff must be notified prior to start of session.

Class times & prices are subject to change
FUNctional Fitness

Functional Fitness for Older Adults is an exercise program that was developed to help participants combat the detrimental physical and cognitive effects of aging such as:

- Muscle loss (sarcopenia)
- Compromised balance and reaction time
- Bone loss (osteopenia & osteoporosis)
- Decreased muscular endurance & energy
- Decreased flexibility
- Worsened posture
- Arthritis
- Increased frailty
- Memory loss

Research demonstrates that regular exercise is very effective in reducing some of the negative physical, cognitive and emotional effects of aging. (ACSM, 2012).

Our 8-week FUNctional Fitness for Older Adults exercise program is designed to improve your overall function, health, independence and quality of life. You will learn exercises to improve your strength, endurance, balance, coordination, reaction time, and flexibility.

Program Information

Each session meets for 60 minutes, 2 times per week for 8 weeks on the following days:

**Monday & Wednesday**
9:30 - 10:30 am
10:30 - 11:30 am
1:00 - 2:00 pm

**Tuesday & Thursday**
9:30 - 10:30 am
10:30 - 11:30 am
1:00 - 2:00 pm

Open studio hours for FFOA members:
2:30 - 7:00 pm Monday - Thursday
7:00 - 6:00 pm Friday
8:00 - 1:00 pm Saturday

**Bonus**
- All program participants may attend stretching and balance classes at no extra charge. Ask staff member for days and times.
- All Participants receive 1 free week between 8-week sessions!

**Program Fee**

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>Double*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial 8-week Fee</td>
<td>$175</td>
<td>$325</td>
</tr>
<tr>
<td>8-week Renewal</td>
<td>$120</td>
<td>$220</td>
</tr>
</tbody>
</table>

*Must live in the same household

For more information contact us:
(734) 232 - 1196
Email: pmr-transitions@med.umich.edu
http://pmr.med.umich.edu/transitions

Program includes

- Initial consultation with a degreed Exercise Specialist to review your health history, exercise experience, fitness and functional goals.
- Fitness assessment to measure your strength, cardiovascular endurance, flexibility, balance and agility.
- Two supervised group exercise sessions per week for 8 weeks.
- Orientation and on-going instruction on exercise equipment including strength, treadmills, NuSteps, recumbent and upright stationary bikes, elliptical, bands, balls, free weights, etc.
- On-going instruction and assistance with advancing your program.

Criteria for admission

- 62 years of age and older
- Participants must be able understand and retain verbal and visual instruction, and walk with or without a cane or walker.
- Exercise clearance from your doctor is required prior to starting.

We accept checks, Visa, MasterCard, Discover & American Express
Sorry, we do not accept insurance