

Functional Movement for Active Adults

My name is Patti Doran, a visitor to family in Minerva for decades, and now a part-time resident. I am a retired Biology teacher and a certified Group Fitness Instructor with a concentration in Active Aging.

I am starting a program that will teach participants how to:

- Warm-up safely
- Build strength with functional movements that will help with everyday activities
- Cool down by methods geared for active adults.



This trial class will be held for 6 weeks, on Fridays.

- The first class will be **April 22, 2022**, at **10:30 a.m.**
- Each Friday thereafter, class will begin at 11:00 a.m.
- Each class after then will be approximately 75 minutes.

Along with patience for a new teacher, please bring the following:

- An exercise mat
- Water
- Pillow or blanket for support of neck and knees
- An old tie
- Clean sneakers
- A signed waiver — available by request to Diane Palmer at the Town Hall 518-251-2869 or admin@townofminerva.com

Make sure to eat a good breakfast, and a snack, if needed.

Location:

Minerva Community Center
1652 State Rte. 28N
Minerva, NY 12851.

For questions, my email is
doranclan@aol.com

