

Holderness Recreation Presents



Strength & Balance

With Bobbie O'Neill

This class is taught by license clinicians through
Lakes Region Visiting Nursing Association.

Classes are for active adults who would like to maintain and improved their health. And adults who would like to begin focusing on improving their health. Classes will focus on increasing strength, balance and stamina. Consisting of resistive training with hand weights and body weight resistance, focused balance training to reduce fall risk as we age, cardio training, flexibility, proper breathing techniques promoting general wellbeing.

Class emphasis on self-pacing for max benefit and increasing strength gradually.

Participants are encouraged to work at their own pace and take breaks as needed to safely progress fitness level.

No class if School is cancelled due to weather.

- Who:** Active Adults
When: Wed. & Fri. 10:30-11:15am
Dates: April 3rd—May 22nd 8 wks
Where: Holderness Town Hall, upstairs
Cost: \$50 per person



Please Register by April 1st.

Instructor: Roberta (Bobbie) O'Neill Lic PTA and Cert Ashtanga Yoga Instructor

She has been a Physical Therapist Assistant since 1997, graduating from Newbury College Brookline MA. Certified Yoga Instructor since 2000.

Providing physical therapy services to all ages of individuals for over 20 years, working in nursing facilities, hospitals, outpatient clinics and providing home therapy services.

She owned Half Moon Yoga Studio in Topeka Ks for 11 years before moving back to NH to enjoy her grandchildren.

Registration forms and online registration information can be found at www.holderness-nh.gov on the Recreation Department page. You may also call 603-968-3700 or email recreation@holderness-nh.gov to have a form mailed or emailed to you.