

Senior Exercise

Exercise is an important part of life for people of all ages, especially seniors!

Exercise can *DRAMATICALLY* alleviate the symptoms of many common ailments like:

- ✓ *ARTHRITIS*
- ✓ *DIABETES*
- ✓ *OSTEOPOROSIS*
- ✓ *ANXIETY*
- ✓ *HIGH BLOOD PRESSURE*
- ✓ *HIGH CHOLESTEROL*
- ✓ *ALZHEIMER'S DISEASE*

Jordan Fitness Center can help you begin with an exercise program that will work for YOU!

No Long Term Commitment Necessary!

\$75 for six weeks

\$149 for three-months

\$33 for each month with 12-month agreement

Call now for more information! (781) 293-0241