

New Holy Cross Hospital 50+ Fitness Classes

Holy Cross Hospital is a proud sponsor of the Maryland Senior Olympics.

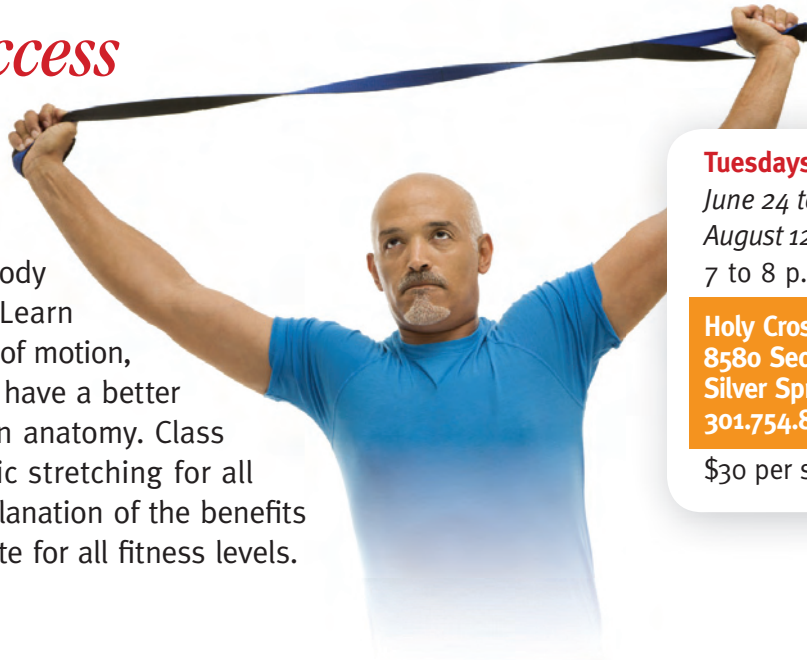


STRETCH FOR *Success*

Want to learn how to stretch safely? This class is specially designed for people age 50+ who want to work on posture, good body mechanics and flexibility. Learn how to improve your range of motion, reduce muscle tension and have a better understanding of your own anatomy. Class includes dynamic and static stretching for all muscle groups with an explanation of the benefits of each exercise. Appropriate for all fitness levels.

INSTRUCTOR:

Sarah McKechnie, MA



Tuesdays

June 24 to July 29

August 12 to September 16

7 to 8 p.m.

Holy Cross Senior Source
8580 Second Avenue
Silver Spring, MD 20910
301.754.8800

\$30 per six-week session

STRENGTH FOR *Performance*

Interested in maximizing your potential? This class will help you get stronger without getting injured. Learn different training techniques for strength, power, speed and endurance. Class includes total body conditioning with an emphasis on good form. New and experienced exercisers welcome.

INSTRUCTOR:

Jerry Hart, MS



Wednesdays

June 25 to July 30

August 13 to September 17

6 to 7 p.m.

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HOLY CROSS HOSPITAL
Experts in Medicine, Specialists in Caring.™

To register, please call 301.754.8800 or visit www.holycrosshealth.org.

THE MARYLAND SENIOR OLYMPICS IS OPERATED BY THE MONTGOMERY COUNTY DEPARTMENT OF RECREATION. EVENTS WILL BE HELD FROM AUGUST 30 TO NOVEMBER 2, 2008 THROUGHOUT THE STATE. CHECK WWW.MDSENIOROLYMPICS.ORG FOR ONGOING UPDATES ON THE GAMES.