



HEALTH & FITNESS DAY

TUESDAY • NOVEMBER 6

West Jeff Fitness Center - Terrytown
175 Hector Ave.

FREE EVENT! JOIN US & BRING A FRIEND

- 10:00am **Coffee & Light Refreshments**
- 10am-12:30pm **Matthew Strain, MD**
Learn about BPH/Enlarged Prostate,
UroLift & Stress Incontinence
Walk In Screenings:
Glucose & Blood Pressure
- 10:15am **Senior Circuit**
- 11:00am **Boom: Move It**
- 11:30am **Line Dancing**
- Noon **Senior Fitness Test/Re-Test**

FLU SHOTS AVAILABLE FOR A CHARGE

VISIT WITH WJMC SERVICE LINES

Urology Specialists • Stroke Center • Rehab Connection
Sleep Disorders Center • The Family Doctors



WHAT IS THE SENIOR FITNESS TEST?

The Senior Fitness Test is a battery of test items that measure the physical capacity of older adults to perform normal everyday activities. It is a functional fitness test because of its purpose in assessing the physical characteristics needed for functional mobility in later years. It assesses independent living older adults, 60-90 plus, across a wide range of ability levels from borderline frail to highly fit.

SENIOR CIRCUIT

For beginners, a low impact, moderate intensity class that will help jump start your fitness level.

BOOM: MOVE IT

Designed for active Baby Boomer, a fun dance inspired workout. This class improves cardio fitness with easy to follow moves with energizing music.

LINE DANCING

Innovative dance workouts that combine the best choreography with the best music.

West Jeff Fitness Center accepts: Peoples Health,
Silver Sneakers and Silver & Fit

FOR MORE INFORMATION, CALL **(504) 349-6908**