



Line Dancing at the Conditioning Spa !

Fitness can be fun, the Conditioning Spa is now also offering a line dancing class combined with its “Forever Fit” program. This five week course is being taught by Sheri Ricker and is offered on Wednesday mornings from 9:00 a.m. - 10:00 a.m.

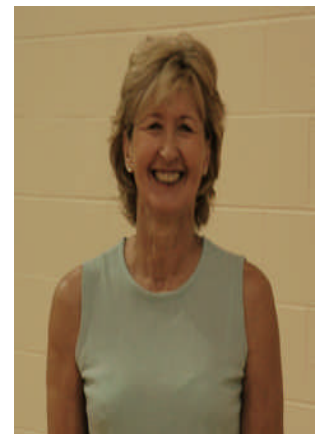
The Spa located at 2640 11th Ave in Greeley has an excellent program designed specifically for people 50 and older called “Forever Fit”. This program offers a variety of classes daily, designed to increase cardiovascular endurance, strength, flexibility, and balance. These goals are obtained through, water aerobics classes, stretching/ Yoga and flexibility classes, a balance class, strength and cardiovascular training classes, a fit ball class, a cycling class, and a core body strengthening pilates class. The Forever Fit program also offers monthly presentations on health, wellness, and nutrition related topics.

Conditioning Spa owner Eric Thompson says, “We strive to offer an innovative and exciting program that challenges our members and is fun to participate in. I was very excited to see the line dancing class begin, because it is yet another way to challenge our members and utilize their strength, balance, flexibility, and sociability.”

The Forever Fit program has been very well received, and the Conditioning Spa plans on continuing to offer a variety of similar and unique activities. Long time member, Lanora Comer states, “I have been coming to the Spa for years. The equipment, facilities, and staff have kept me young and active. At 74, I am still able to dance, hike, and keep up with my busy lifestyle.”

The Conditioning Spa’s Forever Fit director, Jenny Brooks says, “The Forever Fit program is an excellent way to meet new friends and have fun while you get in shape. We have wonderful, well trained instructors, who create a safe environment which allows all participants to work at their own pace. We have a great time in our classes, and are always looking for new people to join the fun!”

The Spa is gearing up for an exciting fall and would love for you to join them. Clip the coupon from their ad in this edition of The Senior Marketplace for a free 1 week trial membership at the Conditioning Spa.



Sheri Ricker
Dance Class Instructor