



A Class of Their Own

It is an honor and privilege to interview a group of women ranging in age from 60 through 90 in my Forever Fit Classes at the Conditioning Spa. I know there are also lots of men in this age group but I only interviewed the women in my classes. The men follow the same routine and are also an inspiration.

Most all the women in my classes suffer from some sort of injury or chronic problem. Some started exercising when joining the Forever Fit classes and for some exercise was instilled in them at an early age through parents and teachers. Regardless of background, they give us all inspiration because they make no excuses, are regular in their workouts and consider their efforts to be well worthwhile. No more excuses for me anymore.

Forever Fit Class meets weekday mornings with a wide range of activities including stretching, fit ball, balance, aquatics and cardio vascular classes.

Marybeth Coulter
Instructor
The Conditioning Spa