

Regain the freedom to live the way you want!



**New
Class!**

Adults 50 + (retired, single, couples)

GOJU-RYU

HARD/SOFT STYLE

Improve cardiovascular function

Strengthen joints and bones

Develop muscle tone and strength

Move with purpose and awareness

Regain balance

Aging creates several problems--cardiovascular, skeletal, muscle, digestive, urinary, breathing, memory--that can be addressed through regular exercise, diet, stress reduction and self-awareness. Reconnect with a better physical, mental, and emotional self through purposeful movement in Goju kata and exercises. Earn the added benefit of being able to defend yourself on the way to fitness.

Thursdays 10:15 - 11:15 EIPR Aerobics Rm.

INSTRUCTOR: Dr. Joyce Trafton 252-622-0401 \$2.00-Member/\$5.00-Non-Member