

Community Wellness Program at the Kilpatrick Athletic Center Simon's Rock at Bard College

Walking Wellness led by Susan Beckert, ACSM-EP, Fitness Director
Monday, Wednesday, and Friday: 10:00am-11:00am \$5 per visit

Join the group on Monday, Wednesday, and Fridays for a walk on our safe, handicap accessible, climate controlled indoor track. On Mondays, join Susan as she leads the walk with a light stretching routine, gentle strength training and support to be physically active and socially connected to other local community members. Begins Wednesday Jan 10th

Water Wellness led by Aqua Fitness Instructor, Colleen Cox
Monday and Friday: 11:00am-12:00pm \$5 per visit

Join us in the water for a strengthening and stretching water fitness workout. Appreciate the benefits of the water with a no/low impact workout to increase flexibility, improve heart and lung function and build strength around the bones and joints!

For more information contact
The KAC 413-528-7777



Kilpatrick
ATHLETIC CENTER
Bard College at Simon's Rock