

FREE EVENT! You're Invited!

FIT AFTER 50 **RE-ENERGIZE YOUR HEART!**



Feel like your get-up-and-go took the last flight south? Boost your energy and staying power with high-intensity interval training (HIIT). These fast-paced cardio sessions can make you stronger and leaner, with more stamina and a healthier heart. During this informative workshop you'll learn:

- Four keys to safe and healthy heart exercise
- How to burn more calories and re-energize
- The 30-minute workout that gets best results



PRESENTER | **Rado Twardowski, MD, PC**, is a wellness advisor and fitness coach with an extensive background in cardiology. He helps clients improve fitness and health through gym training, proper nutrition, and other natural means.

FREE WELLNESS WORKSHOP
Tuesday, February 23, 7 pm
Space is limited. Reserve your **FREE** seat today!



The Best Health Club for Adults Over 50