

Here are five things that make Young at Heart unique:

1. The class focuses on the full body and works on strength, balance, and flexibility.
2. The goal of Young at Heart Strength Training is to keep participants functioning and to help reduce the risk of falling.
3. The class uses resistance tubes (4 levels of resistance) instead of free weights to reduce injury, and to be used by even the most arthritic hands. Plus resistance tubes store easily.
4. The class is a place of group camaraderie and many participants have stated that these classes help reduce depression and help them to be more social.
5. Classes run primarily on participant donations, we recommend \$2.00 a week if the participant can afford it.

Young at Heart Sponsors



Healthy Aging Association Programs

Go Green for Seniors—Green Bag
Monthly Fruit and Vegetable Program for Qualified Older Adults

A Matter of Balance
Evidence Based 8-week Fall Prevention Program

Dignity At Home Fall Prevention Program
In-Home Environmental Assessments with Possible Installment of Injury Prevention Accessories for Qualified Older Adults and Persons with Disabilities

Young at Heart S.T.E.P.S.
12-Week Walking Challenge held in the Spring and the Fall

August 10, 2021

YOUNG AT HEART Fall Prevention Fitness Classes

For Older Adults 60 & Better



A non-profit organization whose mission is to help older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition practices.

(209) 525-4670

healthy.aging2000@gmail.com

www.healthyagingassociation.org

What You Need To Get Started

- Good supportive and secure shoes.
- Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.

How To Register

1. Call (209) 525-4670 to find an open class nearest you.
2. Make an appointment with the office to purchase equipment.
3. Arrive at the class location 10-15 minutes prior to start time to complete the registration form.

Support Our Fitness Programs

Donate in your class or by visiting www.healthyagingassociation.org

or send to:

Healthy Aging Association
3500 Coffee Road, Ste. 19
Modesto, CA 95355

Modesto Class Offerings Young at Heart Strength Training

Alzheimer's / Dementia Support Center

700 McHenry Ave., Ste. B, 95350
Tuesdays/Thursdays 11:00am - 12:00pm
Limited Capacity, max 15 participants

Mancini Hall

718 Tuolumne Blvd.
Mondays/Wednesdays 10:00am - 11:00am

Modesto Senior Center *(waiting list)*

211 Bodem St., 95354
Mondays/Wednesdays 9:45am - 10:45am
**Reduced capacity, members on single day.
Call 525-4670 to be added to the waiting list.*

Tai Chi for Arthritis and Fall Prevention

Saint Paul's Episcopal Church

1528 Oakdale Rd., Modesto 95355
Tuesdays/Thursdays 9:00am - 10:00 a.m.
Proof of COVID-19 Vaccination Required

Neighboring Areas Young at Heart Strength Training

Ceres Seventh Day Adventist Church

1633 Central Ave., Ceres 95307
Mondays/Wednesdays 9:00am - 10:00am

Grayson United Community Center

8900 Laird St., Grayson 95363
Wednesdays/Fridays 10:00am-11:00am

Oakdale Church of the Nazarene

1700 West F St., Oakdale 95361
Tues/Thurs/Sat 12:00pm-1:00pm

Gladys L. Lemmons Senior Center

450 East A Street, Oakdale, 95361
Coming Soon! *(waiting list, limited capacity)*

Riverbank Community Center

3600 Santa Fe St., Riverbank 95367
Tuesdays/Thursdays 11:00am-12:00pm

Online / Virtual Young at Heart Strength Training

What You Need:

- Sturdy chair with no wheels or arms.
- Computer or tablet with connection to the internet.
- Resistance Tube (can be purchased from Healthy Aging Association) or use no equipment and work on range of motion.

How to Register:

- Email healthy.aging2000@gmail.com to register.
- Technical assistance available.
- Only available to those not currently enrolled in an in-person class.

Young at Heart on Zoom

Virtually from the comfort of your home
Mondays/Wednesdays 9:30am-10:30am