



# **ExtensionGetFit**

## **STRENGTH TRAINING PROGRAM**

Extension Get Fit is a community based strength training program targeted to adult New Mexicans.

Based on research, the program is designed to increase strength and improve balance and flexibility.

### **WHY EXTENSION GET FIT?**

- Safe, structured, and affordable
- Appropriate for all fitness levels
- Supportive group environment
- It's fun!

### **FOR MORE INFORMATION CONTACT:**

Tuesday & Thursday 8:00 a.m.-8:45 a.m.

Starts: March 4 -- End: April 10, 2025

Belen Community Center

305 Eagle Lane

Belen, New Mexico 87002

To Register, Please CALL 505-565-3002

DROP INS ARE OKAY

Phone:

Email: