



# **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!

**Mondays & Wednesdays | 8:00—9:00 am**

**Starts: January 13—Ends: April 2, 2024**

**Valencia County CES Office 404 Courthouse Road Los Lunas, NM**

**To Register, please call: 505-565-3002**

New Mexico State University is an equal-opportunity employer. All programs are available to everyone regardless of age, color, disability, gender, national origin, race, religion, sexual orientation or veteran status. NMSU and the USDA cooperating. If you are an individual with a disability and need auxiliary aid, please contact CRYSTAL GARCIA-ANAYA at 505.565.3002 two weeks in advance.