



Madras Club

Exercise for Senior Ladies / Gents above 70 years

Three Months

Starting Thursday, January 30th 2020

Between 4.00 pm and 4.45 pm



She's back!! She's back with a whole new bag of tricks. The Gymnasium Sub-committee is happy to announce that Ms. Stina Vasu is all geared up for her next three month program to help you all understand that age is just a number where health is concerned.

Seniors should strive for a balanced workout including aerobic activity, strength training and flexibility exercises. Staying active will benefit their physical, mental and emotional health.

Join Ms. Stina Vasu for a class in exercises focusing on balance, stretches and light muscle building. The movements can be done standing or sitting on a chair – each one according to her / his capability. Yes this time, gents are also welcome to join.

So, if you are over 70 years of age, with a mandatory clearance by your doctor (please bring your doctor's certificate), have the heart to stay young, please sign in for Stina's next three month program starting January 30th 2020.

To enroll, please call Ms. Stina Vasu at +919840306272 or Ravi at the Madras Club Gymnasium at +919444422337

Dr. Arun B Chitharanjan
Member in charge, Gymnasium

P B Biswajit Babu
Honorary Secretary