

MOTION is LOTION

★ with Ellen ★

Join me as we help manage
our aches and pains through MOTION!



TEAM WEIGHTS

MONDAYS AT 10AM
(Ballroom)



Using either the weight of our
arms, free weights, bands or balls
we will stretch and flex helping
our arthritis, joint replacements
and our backs!

(Free weights are optional.)



TEAM MOTION

WEDNESDAYS AT 10AM
(Ballroom)



- ★ Chairs will be used as one of
our many tools to help us
manage our motion.
- ★ I will provide bands and balls
as needed.
- ★ Just bring free weights
(optional), water and your
sense of humor!

For only \$10.00 per class

you get to join **TEAM BODY** with me,
Ellen Rubin Trainer and TEAM Program Creator.

*Listening to fun music, making friends
while getting healthy!*



Please call Ellen for more information at

★ **917-751-3085** ★

Don't say "you're too old"!

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