

# **MOTION**

**is LOTION with ELLEN**

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

## **TEAM WEIGHTS:**

**Mondays at 10AM (Ballroom)**

## **TEAM MOTION:**

**Wednesdays at 10:30AM (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.)

*\*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!*

**Don't say "you're too old"! MOTION is LOTION**

***Please call Ellen for more information at 917-751-3085.***