



motion
evolution



Senior Motions

Welcome to Golden Motions. Golden Motions is a group physical activity program for older adults designed by Motion Evolution. Functional fitness and experiencing the joy of movement are the primary purposes of Golden Motions.

An added benefit is brain health. A growing body of science links regular (even modest) physical activity to improved mental functioning and decreasing rates of cognitive decline.

Classes are designed to improve muscle strength, flexibility, balance, coordination and Physical Literacy. Physical literacy is a comprehensive set of physical skills to engage in any physical activity and everyone can learn them! Like academic literacy, physical literacy does not happen spontaneously and cannot be left to chance - it must be purposeful and planned. Physical literacy enhances personal confidence and joy in movement.

Golden Motions classes are 45 to 60 minutes long and are designed to be offered two or three times a week. Classes will encourage everyone to move and learn at their own pace. Our goal is to help older adults maintain an independent and confident lifestyle. All participants will feel respected and will focus on personal improvement and **fun**.

From the welcoming warm-up, through the Fit Loop Circuit and Balancing work all the way till the closing Nutritional focus participants will feel encouraged to make personal improvements.

Join us and have fun with other older adults who want to improve their health, confidence, and reduce their risk of falling.

Live Stronger. Live Longer.

