

55+ Senior Program



The Mountain River Physical Therapy 55+ Senior Program provides a total body senior workout for active individuals. This ongoing program is offered 3 days per week (Monday/Wednesday/Friday). Each session will combine aerobic, flexibility, & strength training in a motivating environment. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Be prepared to participate in a head to toe workout incorporating:

- Flexibility
- Bosu & Stability Balls with Balance Training
- Resistance Bands
- Dynamic Movement Patterns
- Weight Training Equipment
- Cardiovascular Equipment
- Multi Surface Activities



Located
at the
Elite Sports Center

Mountain River Physical Therapy
Athletic Performance Staff

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