

REVIVAL FITNESS PRESENTS

STRONG AT 60+

Build Strength, Balance, and Confidence

Thursday, October 1

8:30 - 10:00 AM / Carl Schurz Park (Peter Pan Circle)

New York City Council
Speaker Julie Menin
District 5 Manhattan

SPECIAL GUEST · SPEAKER JULIE MENIN

In partnership with the Office of Speaker Julie Menin

A free outdoor strength class for adults 60+. All levels welcome, everything scales - no experience needed.

LED BY

Yeufre Perez & Julio Guambana, Founders
Glenn Russo, Doctor of Physical Therapy

FREE – REGISTER TODAY
Strongat60RF.eventbrite.com

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