



**Our mission is to ignite a transformative journey for the city of Trenton, harnessing the power of fitness as a self-development tool.**

## **Senior Citizen's Fun & Fitness Program Description**

**General Fitness Education & Physical Performance:** The participants of our program will participate in a novice – senior demographic level 12-Week Training Program. The program is designed under the following training dynamics:

- 1) Mind/Body Training: Developing proprioception and mind/body awareness
- 2) Bodyweight Training: Education and training on calisthenics
- 3) Cardiorespiratory Training: Developing Heart & Lung Strength
- 4) Core Training: Generating force through the center of the body
- 5) Flexibility Training: Tools to stay mobile, flexible, and injury-free
- 6) Balance Training: Balance exercises to improve performance and longevity of bones & joints
- 7) Reactive/Power Training: Exploration of Olympic Lifts, jump training, and explosiveness
- 8) Strength/Resistance Training: The use of external forces to generate tension and measure repetitions & volume
- 9) Speed, Agility, & Quickness Training (SAQ) – Developing the ability to move in various directions fast, quick, and efficient