

Cascades of the Sierra Holds Fitness Class for Seniors

RENO— Cascades of the Sierra, resort-style retirement living, will host a free exercise and education class at its welcome center on Thursday, May 28, at 10 a.m. Designed for seniors, this class will be led by Natalie Hilbert, fitness director at Cascades of the Sierra. Cascades of the Sierra's welcome center is located at 100 Neighborhood Way in Spanish Springs.

This class, "*Fitness Trio Round One: Body,*" will help participants change from wanting to be more active to being more active. The majority of American adults know how beneficial a regular exercise routine is, yet only 22 percent are exercising at sufficient levels to impact health or longevity. Americans hear countless messages each week extolling the physical and mental virtues of working out regularly. So the question remains-why aren't we exercising if we know it's good for us? Come to class and find out the answer to this question and learn ways to get on track with your exercise program. Hilbert, teaching fitness for seniors since 1997, is nationally certified in personal training and group exercise through the Aerobics and Fitness Association of America.

This exercise class is part of Cascade Living's EverFit Club, the community's commitment to active living for seniors to improve and strengthen their hearts, bodies and balance. The EverFit Club includes fitness programs for retirement living, assisted living and memory care residents. The EverFit Club offers state-of-the-art fitness equipment to meet all levels of rehabilitation and fitness needs.

For more information about this free class or Cascades of the Sierra, please call **775-424-5400**.