

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 14, 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, "***Reaching your Fitness Milestones***," will help attendees stick with fitness goals to meet health milestones. Come and take part in ***Reaching your Fitness Milestones*** with Hilbert and learn about common fitness de-railers and how to stay on track. Regular physical activity is an important component of a healthy life style. Once you establish new health and exercise habits sticking to them can be challenging. Come learn a four –step plan that will help you set clear fitness goals and keep you motivated. 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 or visit www.cascadeliving.com <<http://www.cascadeliving.com>> .