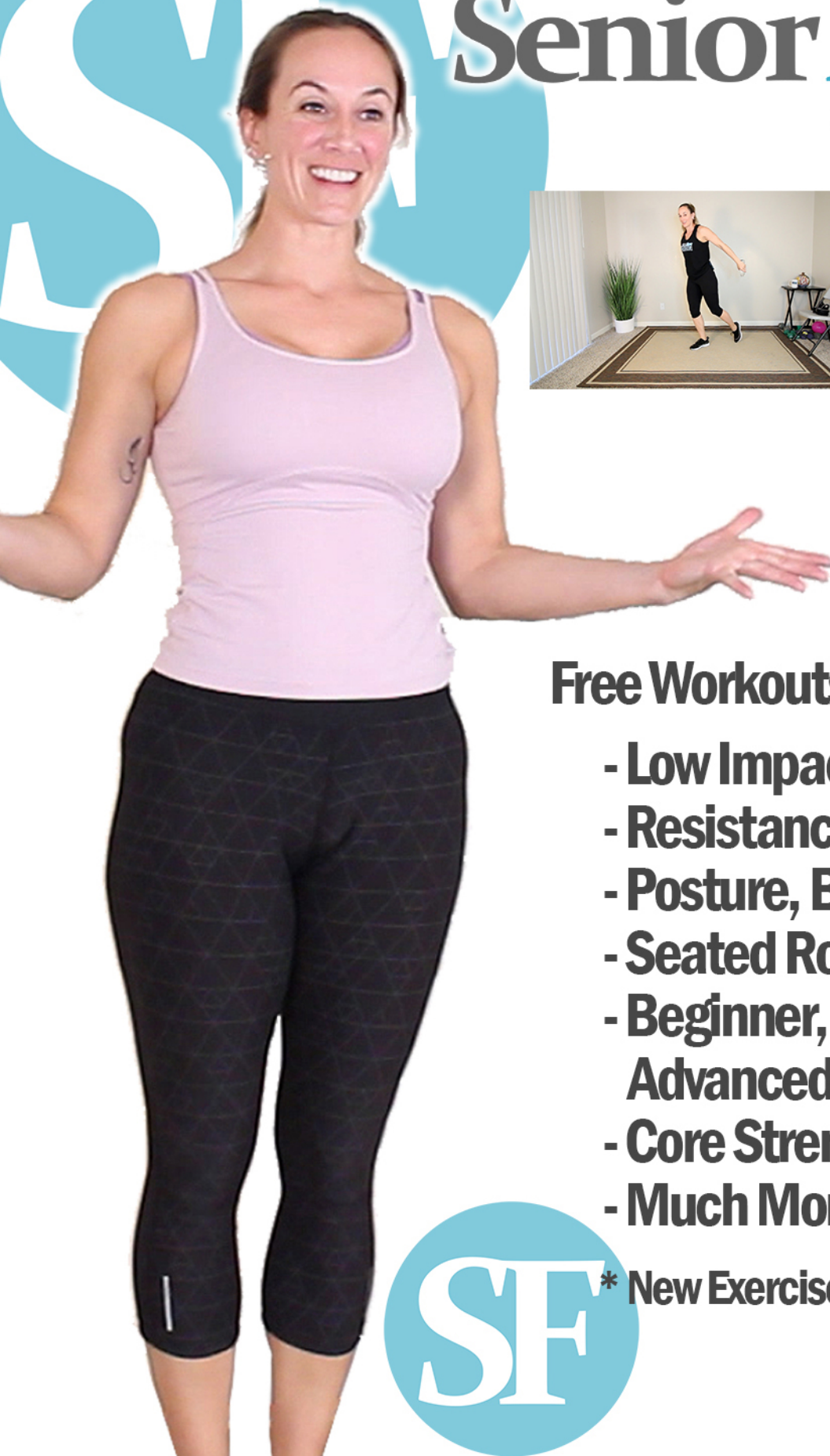


# Senior Fitness

*with Meredith*



## Free Workouts Include:

- Low Impact Cardio Routines
- Resistance Bands Exercises
- Posture, Balance & Stretching
- Seated Routines
- Beginner, Intermediate & Advanced Levels
- Core Strengthening
- Much More!



\* New Exercises Posted Each Week!

Visit Online At: [www.SeniorFitnessWithMeredith.com](http://www.SeniorFitnessWithMeredith.com)