



ACTIVE AGING WEEK

October 5 - 11, 2020

Live healthy and have fun with a week of free virtual classes and energizing workouts designed to support older adults. Invite your loved ones and move with us – anyone can join from anywhere!

Monday, October 5

Noon PT, Active Aging with Lisa

Move with our fitness coach and community in this virtual group training session hosted on Zoom. Lisa will guide you through a gentle workout designed to nurture strength and mobility for everyday life.

Note: For safety and security, you'll need a free 24GO® account and the Zoom app to log in.

- To join on your mobile device, tap [here](#)
- To join on your computer, tap [here](#)

Tuesday, October 6

3 p.m. PT, Burn24™ with Lisa

Build lower-body strength with this virtual group training session hosted on Zoom. Lisa will demonstrate ways to modify each move to support participants of all ages.

Note: For safety and security, you'll need a free 24GO® account and the Zoom app to log in.

- To join on your mobile device, tap [here](#)
- To join on your computer, tap [here](#)

Wednesday, October 7

1:30 p.m. PT, Flow24™ with Lisa

Quiet your mind and reset your energy with this yoga-inspired virtual group training session. Reach, stretch and strengthen with friends over Zoom!

Note: For safety and security, you'll need a free 24GO® account and the Zoom app to log in.

- To join on your mobile device, tap [here](#)
- To join on your computer, tap [here](#)

Thursday, October 8

7 a.m. and 3 p.m. PT, SilverSneakers® Classes on 24GO LIVE

- Join us for SilverSneakers® classes on your TV! Tune into the 24 Hour Fitness YouTube channel, or click [here](#) to join by computer.
- You can also download the free [24GO® app](#) for anytime access to more than 20 SilverSneakers® workouts.

Friday, October 9

Free Guest Friday

Bring a friend or family member and join us at 24 Hour Fitness for a socially-distanced studio class. From mind-body classes to strength training and cardio, members have access to any club or class. Guests should create a free 3-day pass!

- To find classes near you, tap [here](#)
- To create a free 3-day guest pass, tap [here](#)

Saturday, October 10

1:30 p.m. PT, Flow24™ with Lisa

Quiet your mind and reset your energy with this yoga-inspired virtual group training session. Reach, stretch and strengthen with friends over Zoom!

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