



Mayor Gerald. D. Jennings  
And the  
City of Albany  
Department of Recreation



Presents

# SENIORS IN MOTION

**WHEN:** Monday's and Wednesday's  
**WHERE:** St. Sophia Apartments ~ 426 Whitehall Road  
**TIME:** 11:00 A.M. – 12:30 P.M.



**Hi, I'm Diane Hart,** and you have made the first step to a healthier lifestyle by coming to our free City of Albany Program.

I would like to invite you to improve the way you look, feel, and move, while gaining the special gift of fitness which enables you to get the most out of each and every day. Do you want straight answers on safe and sane participation in exercise based on current research in the fitness industry? If you do, I would love to help you achieve your fitness goals utilizing all the experience, education, and knowledge I have garnered over the past 20 years in the fitness profession. Together, we will explore heart rates, hydration, proper footwear, stretching, and strength training as components of your fitness activities. All of our locations are clean, comfortable, and convenient--many with hardwood flooring. I pride myself in giving expert instruction with a *Hart to Heart* style. Come and experience my "Hart-warming," interactive classes of fitness, facts, and fun!

*Diane*

Gerald D. Jennings  
Mayor

John J. D'Antonio  
Commissioner