

# CARDIO STRENGTH TRAINING

**TUESDAYS ~ 10:00 AM**  
**THURSDAYS ~ 1:30 PM**

Both Cardio and Strength Training are needed for optimal health and fitness. This class will focus on both set to fun music using dance and a few sport moves. Bring your light weights, a 2-3 inch stress ball and be prepared to have a fun workout!

## The Benefits of Cardio Training

- Good for heart health
- Builds aerobic endurance
- Get to and maintain a healthy weight
- Can reduce risk of multiple diseases
- Better performance in strength training

## The Benefits of Strength Training

- Builds muscle
- Prevents muscle atrophy (use it or lose it)
- Increases strength and function
- Important for optimal bone health
- Improved resting metabolic rate

## *Meet Lisa Cruz, Instructor*

Lisa Cruz is a fitness trainer with over 20 years of experience. She holds multiple certifications through AFAA (Athletics and Fitness Association of America). Her journey toward personal training began when she was a student in high school. She was challenged to develop and demonstrate a cardio exercise routine. She did so with great success and thus her desire to pursue a career in fitness, involving both personal training and group exercise classes, led her to continue her education and training to attain those goals. Lisa instructs classes at various senior centers and is continually amazed at the vitality the elder citizens bring to the classes while taking care of their bodies. Lisa's advice for people trying to stay fit is to find a class that you enjoy because you will stick with it, it won't feel like work and will help you lead a healthy lifestyle.

