

Geri-Fit®

Since 1994

The first workout with weights for older adults

Geri-Fit® is a 45-minute strength training exercise program for older adults that's performed seated in chairs with a set of 2-pound dumbbells. There's no dancing, floorwork or choreography to learn. It's an ideal group fitness program for health clubs, physical therapy clinics, yoga studios, and senior centers that are looking to incorporate senior adult exercise programming.

Individual Licenses and territories available.

For more information, visit our Trademark / Licensing page at **GERIFIT.com** or call **1-888-GERI-FIT** or email us info@gerifit.com

