

Our company is interested in teaming with gyms and health clubs that need an exercise program for older adults. **Geri-Fit®** is a 45-minute strength training exercise class that's performed seated in chairs with a set of 2-pound dumbbell weights. Geri-Fit® helps increase strength, improve mobility, lessen arthritic pain and decreases the chance of developing osteoporosis. It also helps improve balance which decreases the risk of falls.

Geri-Fit® is a tried and proven program that's turnkey ready. Any instructor that's already certified as a group exercise class leader or personal fitness training could learn the Geri-Fit® program with only 12 hours of study and practice. Our extensive training manual and training dvd's will completely train your staff. We also offer online support, online continuing education classes, and optional Geri-Fit® certification workshops held throughout the U.S.

If your gym is not currently offering any particular exercise program for seniors, including the **Geri-Fit®** strength training exercise program could greatly enhance the array of services and the marketability of your gym. Geri-Fit® is also an approved Medicare Advantage program (under Silver&Fit®) and is covered under most insurance plans.

Geri-Fit® is very different than Silver Sneakers or Zumba Gold. There's no music used and there's absolutely no choreography to learn. There's also no dancing, aerobics or floorwork. Geri-Fit® is very safe to do and appeals to both men and women over the age of 65. Class size is limited to no more than 25 participants which assures individualized attention done in a group setting. It's like getting a personal fitness trainer but at a very affordable fee!

Our company has been in business since 1994 and offers its Geri-Fit® exercise program at approximately 33 locations throughout the U.S. We are expanding and are looking to partner with health clubs and gyms that want and need an older adults exercise program. More information concerning the Geri-Fit® program license can be found on our Licensing / Trademark page at gerifit.com.

For gyms or healthclubs interested in purchasing the Geri-Fit® program, we have a no-obligation License Application form available at this link:
<http://www.gerifit.com/gerifit/apps/licenseapp.asp>

Francesca Fisher, Licensing Director

1-888-GERI-FIT (437-4348)
951-694-6873 (direct dial)
fran@gerifit.com