

# LOW – IMPACT CARDIO CLASS!



NOW OFFERED AT THE ACC

Where:  
**IN THE  
ACC  
RED  
ROOM**

When:  
**11AM TO NOON  
MONDAY'S AND  
WEDNESDAY'S**  
**FEBRUARY 8<sup>TH</sup>  
through  
MARCH 16<sup>TH</sup>**

Why:  
**LOW-IMPACT  
CARDIO WILL  
RAISE THE  
HEART RATE  
WHILE  
LIMITING  
STRESS ON  
THE BODY.**



**IF YOU ARE CURRENTLY  
EXPERIENCING MODERATE-  
SEVERE BACK PAIN, DISK  
BULGES OR HERNIATIONS  
YOU ARE ADVISED TO  
CONSULT WITH YOUR  
MEDICAL PROFESSIONAL  
BEFORE PARTICIPATING IN  
ANY PHYSICAL ACTIVITY  
PLAN**

## **INSTRUCTOR:**

**LAUREN POOLE; ISSA  
CERTIFIED PERSONAL  
TRAINER**

## **\*Pre signup required**

For Sign-up and/or class  
information please  
contact;

**Lauren Poole,  
ACC Wellness  
Coordinator @ 716-945-  
8119 extension 3702  
Or [lauren.poole@sni.org](mailto:lauren.poole@sni.org)**

THIS CLASS IS SUFFICIENT FOR ANY  
FITNESS LEVEL ALTHOUGH; IDEAL  
FOR THOSE WHO WANT TO “EASE”  
THEIR WAY INTO OR BACK INTO  
EXERCISE.

## **OTHER BENEFITS:**

- IMPROVING  
CARDIOVASCULAR HEALTH
- WEIGHT LOSS AND  
WEIGHT MAINTENANCE
- STRENGTHENED MUSCLES
- INCREASED SOCIAL CIRCLE
- HAPPINESS
- IMPROVED WELL-BEING