

ROSALINE LAW

Health/Fitness/Wellness
Coach



Senior Shape

TUESDAYS & THURSDAYS
10:30 - 11:15 AM

To register, email Kate McGrail at kmcgrail@jhmi.edu with your first & last name and zip code of residence, and a waiver and Zoom link will be sent to you.

Sponsored by



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

FREE & VIRTUAL!

A certified group fitness instructor will help you reach your fitness goals from the safety of your home.

Senior Shape focuses on the four areas recommended by the National Institute on Aging:

- Strength
- Endurance
- Flexibility
- Balance

All fitness levels are welcome and posture modifications are available to meet you where you're at!
