

Men On Weights Class

One of our members is interested in attending a "Men On Weights" group fitness class and is curious if others are interested as well. I think this is a fantastic idea and great opportunity for our male members to not only achieve a great workout, but gain some new friends along the way.

If you are interested, please complete the paper survey located on top of the cabinet under the chalkboard. Turn all completed surveys in to a staff member by July 25, 2021. Thank you for your interest.

Exciting New Website Photos

Check out the new photos on our website www.beyondfiftyde.com from our recent photo shoot with Sean Harwin. (Don't forget to click on the homepage tabs for several more new photos.) Do you recognize people without their masks? Such a beautiful sight! And I love how Wil's photo just called out for his particular placement on the homepage!!

Punch Cards

Zumba®, Zumba® Gold and Meditative Movements continue at Beyond Fifty. These classes are not included in your current memberships. Punch cards are required to participate, and can be purchased at the front counter. Please see staff for assistance.

Punch card classes:

\$10 one-time drop in

\$35 for 5 classes

\$50 for 10 classes

Secure your spot by signing up in advance on our website, www.beyondfiftyde.com

Virtual Changes

Beyond Fifty offers virtual classes via Zoom. Each class has its own link which expires monthly. The July links will be emailed to all current members by June 29. If you do NOT receive this email by June 29, and wish to be included, you will need to email Christina at info@beyondfiftyde.com and ask to be added to the Zoom email list. DO NOT REPLY to the original email sent, for Christina will not receive your reply. Please remember it may take up to 48 hours to receive that email.

To participate via Zoom, it is critical to "join" a class meeting in the five minutes before class starts. Because classes are live, instructors can only join zoom participants before class starts.

Essentrics, Meditative Movement and Zumba/Zumba Gold are not available for participation by Zoom.

In Person Class Sign-up Availability
Released Weekly by Saturday morning

Calendar Reminders

-Sat. 7/3: Open regular hours 8am-12pm; No Class

-Mon. 7/5: Open regular hours 6am-8pm

-Fri. 7/30: No Meditative Movement Class

Beyond Fifty Fitness Fighters (BFFS)

It has been a rough year for everyone, especially those fighting Breast Cancer. Although we don't have many details yet on our Annual Fundraiser, and many of us are still uncertain about walking in large crowds, the fight must go on!!!!

This year's walk is tentatively (and hopefully) being held at Bellevue State Park in Wilmington, DE off Carr Road on October 24. Details will be made available soon, and we will share them with you.

Obviously our fundraising efforts will be scaled down, we are not out of this yet, but BEYOND FIFTY FITNESS FIGHTERS are already on the Making Strides website, <https://www.cancer.org/involved/fundraise/making-strides-against-breast-cancer.html>. Online donations can be made to our team via credit/debit card right now, or you can mail a check to American Cancer Society, 92 Reads Way Suite 205, New Castle, DE 19720. Please put our team name in the memo section of your check.

Thank you in advance, as always Beyond Fifty Fitness Studio comes through, we are counting on you.

~Patti Sexton

A Word from Christina

Many of you may recently have received a heartening email (from Medicare) about how older adults can prevent injuries from falls and linking to the CDC's ***Still Going Strong*** page. Great information and reminder – "Falls are not a normal part of aging—they can be prevented. **You can take action** to prevent falling and stay independent longer." What can you do? In addition to medical steps (eye checks, review of medicines, check of feet, etc.) and making your home safer, the CDC says to "Stay active! Do exercises that make your legs stronger and improve your balance."

Great advice and Beyond Fifty is "still going strong" to help you stay (or become) active! Many of our classes are especially helpful for improving balance, such as "flex and balance," "stability ball" and movement (Zumba). And our personal trainers, with their independent certifications in older adult exercise, can help you use equipment (and yourself) better and more safely to be stronger with better balance.

It is so great to see all of you going strong! And don't forget you can have "fitness on the go" with us by joining classes available through zoom, even when you are away this summer.