

MoveAbility



Fit For Life

MOVE BETTER, LIVE STRONGER!

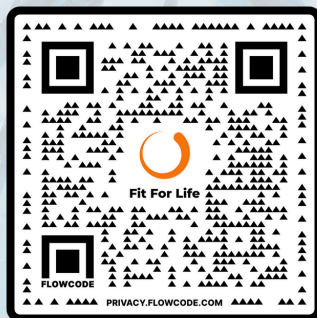
Functional Strength & Mobility Group Exercise Program

MoveAbility is a gentle, functional fitness class designed specifically for older adults who want to rebuild strength, improve balance, and move more confidently in daily life.

In every session, we focus on:

- Strengthening key muscles used in walking, lifting, and standing.
- Improving balance, posture, and joint mobility.
- Boosting energy and coordination—at your pace.

Each session is accessible, adaptable, and led by instructors experienced in supporting those with varying physical abilities.



**Low cost Monthly
Memberships
available**

Our mission is to provide fun, structured physical activities that support all ages and abilities, promoting lifelong wellness through movement and advancing well-being through innovative programs and research.

Fit For Life is a 501c3

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