

JOIN US FOR
DYNAMIC LIVE
TOUGHAGERS®
ZOOM FITNESS
CLASSES
TAILORED
SPECIFICALLY
FOR ACTIVE
ADULTS AGED
55 AND
BETTER.

CONTACT US

Email:

toughagers@gmail.com

Call or Text:

408-367-3247

Website:

www.deborahdoesfitness.com



**TOUGH
AGERS
LLC**

LIVE ZOOM 55+ FITNESS

WHY JOIN?

- *Convenience:*

Participate from your home or community fitness room.

- *Expert Instruction:*

Receive guidance and motivation from a qualified instructor.

- *Community Spirit:*

Engage and connect with fellow participants.

OUR CLASSES ARE
DESIGNED TO KEEP
YOU MOTIVATED,
CONNECTED, AND
ACTIVE—NO
MATTER WHERE
YOU ARE!

OUR CLASSES

ToughAgers® Classes

These comprehensive workouts feature low-impact cardio, balance, strength, core, and flexibility training to help you build strength, enhance endurance, improve mobility, and promote overall well-being.

ToughAgers® Muscle Classes

Strength training sessions for safe and effective muscle building. Each class starts with a warm-up, transitions into whole-body strength training with dumbbells and resistance bands, and concludes with standing flexibility training to enhance mobility and prevent injury.

ToughAgers® Specialty Classes

Enhance your performance with sports-specific classes like **Pickleball Conditioning, Tennis Conditioning, & Golf Conditioning.** Stay active and energized with **Grandparent Fit.**

