



PF&W • Silver Stars Balance and Senior Fall-Prevention Program

As Seen on NY1 & CBS with Dr. Max Gomez!

Class Information

1. To help decrease the risk of falling, this program includes various aspects of fitness: balance, posture, gait, core, flexibility, power/reactive and strength work.
2. Sessions will run for 10 weeks and will be 1 hr. in duration. There will be a maximum of ten students per class.
3. Cost for the 10-week program is \$250.00. You can try one class and pay \$25.00. If you choose to continue, the full balance will be due PRIOR to your 2nd session.
ALL STUDENTS WHO COMPLETE THE 10-WEEK PROGRAM WILL RECEIVE A 10% DISCOUNT ON ALL OTHER PF&W PRIVATE FITNESS SERVICES.
4. There will be **no refunds** once payment is made.
5. In the event you can't make a specific class, we will offer one make-up session. This make-up session will be after the 10-week program has been completed.
6. All participants will need to sign a waiver and have a health screening form prior to their first class.
7. If you're interested in signing up for another 10-week session, please make the instructor aware prior to your 8th session.
8. If you have any further questions, please contact Jason at 646-573-9724

It is recommended that you dress in comfortable clothes, such as sweat pants, t-shirt and sneakers.

If you refer a friend to any of our services and they purchase a package, you will receive a free session in any of PF&W fitness services, excluding physical therapy or nutrition.