

# The Hospitality Committee for United Nations Delegations



invites you to join our new virtual

## Strength & Cardio Training Exercise Class

Tuesday, 29 September 2020

10:30 A.M.



**This challenging workout is for active adults looking for a full-body workout. We will target multiple muscle groups and add some dance moves to increase our cardio output. We will focus on proper alignment, balance, and strength. Our goal is to improve functional activity for daily living by increasing your muscular strength, endurance, and range of motion.**

**Instructor Pat Cappaldo's** passion for fitness has extended over many years and she has earned numerous specialized certifications in fitness training. While practicing law, she always maintained her passion for fitness and had the good fortune to return to her calling and teach fitness full-time. Her goal is to increase the functional capabilities of individuals through personal training and challenging group fitness programs.

***Participants: Please have weights or something to use as weights, such as two cans of equal weight or two filled (leak proof) water bottles.***

For more information or to register, contact HCUND at [hcund@un.org](mailto:hcund@un.org)