

Be Fit Over Fifty

Description:

Susan Branco, a member of the National Council on Aging, the National Osteoporosis Foundation, and the American Senior Fitness Association, is an accomplished, certified fitness professional, recognized for her work in the field of senior fitness. Susan started her career over 20 years ago in New York and in 1986, after training and working at both Jack LaLane and Gilda Marx facilities, opened her own exercise & fitness studio in Naples, Florida. At a time when most of the fitness industry was focused on the "young" adult market, Susan recognized the need to design and teach specialized programs for her mature adult members. She soon developed an array of unique programs that combined appropriate music with safe and effective movements that were easy to follow and fun to do.

City:

Website: <http://www.befitoverfifty.com/>