Learn six “anywhere” exercises to maintain muscle and bone mass, posture, balance and real-world strength. Choose your resistance level to suit absolute beginners and seasoned athletes alike.

Instructor: Aron Talenfeld, Princeton University Campus Recreation

Register through the Employee Learning Center at www.princeton.edu/training

Aron Talenfeld, is a personal trainer for Princeton University Campus Recreation. He has been an American Council on Exercise Certified Personal Trainer since 2007. Aron’s overarching goal is to help his clients become their own trainer. His areas of expertise include healthy nutrition, weight loss, hypertrophy (muscle gain), functional strength, flexibility, agility, balance, cardiorespiratory and muscular endurance and healthy posture. His favorite modalities include Suspension Training (TRX), calisthenics/bodyweight exercise, dumbbells / kettlebells, machines, cycling, running and Animal Flow.