This class will highlight the normal effects of the aging process on the body and the positive role that exercise can play in counteracting these changes. It will provide practical and safe training guidelines to follow for the aging adult.

Instructor: Colt Murphy, EdD, Princeton University Campus Recreation

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

Colt Murphy, EdD, is the Morning Supervisor of the Stephens Fitness Center at Princeton University. He has more than 30 years of experience in the health and fitness field as an educator, administrator and personal trainer. Dr. Murphy is a National Academy of Sports Medicine Certified Senior Fitness Specialist and a member of the American College of Sports Medicine.