Nourished & STRONG

Nourish your body.
Build your strength.

Evidence-Based
Healthy Aging Fitness Program

JOIN A SMALL GROUP OF
10 adults 55+

8 WEEKS | 2 SESSIONS PER WEEK
Starting January 2027

AT THE PILATES ROOM &
BODIES IN MOTION STUDIO
Ruskin, FL

Feel stronger for the life you love.

Build strength for everyday tasks, improve your balance, and move more comfortably - with guidance, encouragement, and a small group getting stronger together.

- **BUILD MUSCLE**
  Strength & resistance training
- **SUPPORT BONE STRENGTH**
  Nutrition for muscle & bone health
- **MOVE MORE FREELY**
  Flexibility, mobility & balance

Ready to get stronger?
Ask about our January group.
turnbacktimewellness@gmail.com

Your next chapter, stronger together.

WHAT YOUR PROGRAM INCLUDES

Guided movement & nutrition

Evidence-based strength training, flexibility, mobility and balance, plus nutrition education.

See your progress

Before & after fitness assessments to monitor your progress.

Practice at home

A small bag with resistance bands, a ball and a fitness tracker is yours to keep.

Sweat, Sip & Connect

End each session with a healthy-aging topic talk and refreshments.

MEET YOUR INSTRUCTORS



Scotti Powers, MS

NASM Certified
Personal Trainer
Turn Back Time Wellness



Eliza Whitaker, MS, RDN

Registered Dietitian &
Yoga Instructor
Nourished Nutrition and Fitness

Beginner friendly • Returning to fitness

The Pilates Room &
Bodies in Motion Studio • Ruskin, FL

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