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Open House at the Oshkosh Seniors Center's Fox Fitness Center
What's your strategy to stay fit as you age?

OSHKOSH, Wis., January 19, 2022 – The Oshkosh Seniors Center (OSC) continues to offer innovative programs to the Oshkosh community. Oshkosh has one of the best Senior Community Centers in the state, and the facility is here to help people over the age of 50 stay active, social, and informed. On Thursday, January 27, the OSC is partnering with Network Health to offer a Fox Fitness Center Open House at the OSC from Noon to 3 pm so anyone interested can come to check out the state-of-the-art fitness equipment. The afternoon will include equipment demonstrations, door prizes, healthy snacks, and staff will be ready to answer questions from visitors.

Most people plan for their retirement from a financial perspective but are they planning and strategizing on maintaining their physical health? That is where the Center can help. Because after 50 years of age, people start to lose muscle mass, they need to be building strength, working on endurance, flexibility, and balance to age well. There are many options for fitness, but we believe the Center, where you are among peers, is the best and safest place for older adults. Getting started begins with OSC's Fitness Coordinator, Alec Jensen, who holds a Bachelor of Science in Kinesiology, Human Performance, and over 20 fitness certifications. It does not matter what age or fitness level you find yourself in. The Center has classes and fitness equipment to help you improve your health and feel better about yourself.

Residents are encouraged to develop a strategy to age well that includes a visit to the Oshkosh Seniors Center located at 234 N. Campbell Road, (920) 232-5300. For more information about the Open House, contact Anne Schaefer, Marketing and Fund Development Coordinator, at (920) 236-5306 or email aschaefer@ci.oshkosh.wi.us.

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