



**HYer DYnamic Health
Discoveries
HY-DY Inc.**

shaping Shades of Gray



HEALTH/FITNESS SERVICES

*for
Seniors*

For over 10 years, HY-DY has provided professionally certified staff to conduct age appropriate health/fitness programs, at various sites.

AT YOUR FACILITY,

we can teach large or small groups of active seniors and those with restricted mobility, to enjoy greater health and happiness.

On Location

Program Variety

Certified Professionals

SERVICES PROVIDED

**Line Dancing
Tai Chi/QI Gong
Pilates
Chair and Dance
Aerobics
Aqua/Water Aerobics**

**Chair & Mat Yoga
Breath/Meditation
Zumba Gold
Weight Training
Balance Alignment
*and more!***



Contact NOW to start programs at your facility

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