

STAY SHARP. STAY STEADY. STAY INDEPENDENT

RGM: Brain-Body Fitness for Lifelong Vitality



MOVE. THINK. CONNECT.

RGM is an engaging dual-task training program that combines rhythm, movement, music, and thinking – all at the same time.

DUAL-TASK TRAINING challenges your brain and body together – strengthening memory, focus, balance, and coordination. Research shows that combining movement with thinking increases healthy blood flow to the brain and builds new neural connections that support memory and clear thinking over time.



Scan QR Code, or
CLICK TO REGISTER

Paper Registration Forms Available In-Person



6-WEEK SESSION

Mondays @ 2pm-3pm

Hillcrest Senior Living
Meeting Room

2705 Mountain View Dr.
La Verne, CA 91750

- 1 October 5, 2026
- 2 October 12, 2026
- 3 October 19, 2026
- 4 November 2, 2026
- 5 November 9, 2026
- 6 November 16, 2026

