

LIVING

These butt-kicking senior trainers are getting their peers in shape

By [Marisa Dellatto](#)

April 1, 2019 | 5:26pm

It's time to put your notions of old age out to pasture.

Far from retiring, these NYC seniors are having the time of their lives working as fitness instructors — and using their years of training to sculpt, tone and perfect bodies of all ages. Who said that jocks had to be young?

In fact, fitness programs for the elderly are among the top health trends for 2018, according to the American College of Sports Medicine's Health & Fitness Journal's 2018 [survey](#) of thousands of physical fitness professionals.

"When you're older, you really need an older teacher," Marjorie Jaffe, a senior personal trainer who focuses on older clients, tells The Post. "You're really not interested in [toning] your arms or your butt. You're more interested in your balance, keeping your body straight and not limiting your life."

Seasoned instructors also possess a self-assurance that younger clients can benefit from — and look forward to. "By 40," says Jaffe, "you're going to have so much confidence. And that's a fabulous thing to have."

Here, New York City's senior fitness instructors — who range in age from 68 to 82 — tell The Post what it's like to still kick butt, creaky hips be damned.

Marjorie Jaffe, 73



Tamara Beckwith/NY Post

Jaffe has run her own Midtown fitness studio for nearly 40 years — and her clients, who range in age from 60 to 90, have aged alongside her.

"I never thought about getting older," says the personal trainer, who opened Back in Shape in 1980. "Since then, I've been busy as hell and having the time of my life."

Jaffe specializes in back health, which is vital at any age, although there are specific issues that arise over time. "You have what's like a jelly doughnut between each of your vertebrae. As you get older, that jelly disappears and you flatten," Jaffe says. "Unless you learn how to keep your rib cage lifted, you get a big stomach."

Her classes and one-on-one sessions incorporate a mix of stretching and strengthening exercises meant to "keep your joints flexible and your muscles strong," she says.

Jaffe, for one, doesn't plan on slowing down anytime soon.

"You have your chronological age, but [also] your emotional age or spiritual age or sexual age," she says. "As long as you keep it going, your chronological age is just a number."

Flex With Jaffe, Mondays at 5:30 p.m., \$20/class, Back in Shape, 105 W. 55th St., [MarjorieJaffe.com](#)