

2019 Senior Fitness Classes

Fall Sessions

Improve your flexibility, balance, and movement while having fun and socializing with your fellow Fair Haveners.

Thursdays mornings 10:00am



DATES

September 12, 19, 26

October 3, 10, 17, 24, 31

November 7, 14, 21

FREE



FUN

All classes take place at the Community Center (Youth Center)

Located behind the Police Station: 35 Fisk Street

For more information please call 732 747 0241 ext. 216

No pre-registration necessary