

# 2024 Senior Fitness Classes

Improve your flexibility, balance, and movement while having fun and socializing with your fellow Fair Havener's

***Tuesday mornings 10:00am (45 min)***

***WINTER & SPRING DATES: January 16 —June 18***



**Sneakers required for participation**

**Please bring the following equipment:**

**Resistance/Exercise Bands**

**Playground Ball ( any size)**

*It is OK if you do not know exactly what these items are or if you do not have this equipment to begin*

*The instructor will provide details and have some on hand for shared use*

**FREE**  
**FUN**



*Playground Ball Use*



*Resistance/Exercise Band Use*

**Classes take place at Columbus Club**

**Located at 200 Fair Haven Road**

Registration takes place on site just before each class

No commitment. Start anytime and come to any classes you can make!

**More info: [Recreation@fhboro.net](mailto:Recreation@fhboro.net) OR 732 747 0241 ext. 216**