

2023 Senior Fitness Classes

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

Tuesday mornings 10:00 am (45 min)
October 17—December 19



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

October classes take place at the **BICENTENNIAL HALL**

Located at 25 Cedar Avenue

November + December classes take place at **Columbus Club**

Location: 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 OR 732 747 0241 ext. *216