

2023 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)

JANUARY 24—JUNE 6



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 the Community Center (Youth Center)

Located behind the Police Station: 35 Fisk Street

Registration takes place at the Community Center 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