



SENIOR EXERCISE CLASSES

Want to get in shape?

Build strength in just 30 minutes!

Our light chair exercise classes
are fun and refreshing.

We work slowly and consistently.

Everyday chores will become easier!

You need not bring anything but a smile.

Where: Office on Aging

When: Tuesdays & Thursdays, 10AM

Recommended Contribution:

\$1 per class / \$.50 per class (PAAD & Medicaid)

Free classes the entire month of your birthday



South River Office On Aging

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