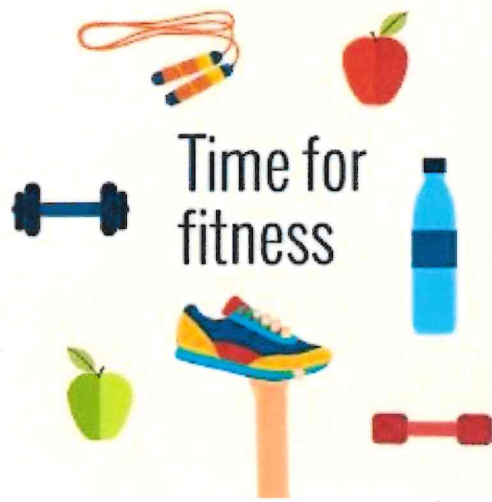


# OFFICE ON AGING PHYSICAL ACTIVITY PROGRAM



## GYM SCHEDULE

MONDAY-FRIDAY

9:30AM-3:30PM

## CHAIR YOGA CLASS W/ DYLAN

TUESDAYS @ 10AM

DURATION: 45 MINUTES :: LEVEL: EASY

## ++NEW++ BODY FLOW CLASS W/ DYLAN

THURSDAYS @ 10AM

DURATION: 45 MINUTES :: LEVEL: MODERATE

A LIGHT CARDIO WORKOUT INCORPORATING PILATES, TAI CHI & YOGA PRACTICES

RECOMMENDED INSTRUCTOR-LED CLASS CONTRIBUTION :: \$1 PER CLASS

*Agencies that receive funds under the Middlesex County Office of Aging & Disabled Services Area Plan shall not deny any older person a service because the older person cannot or will not contribute to the cost of the service.*

Participants should consult their physicians  
before beginning any exercise program