

Advanced Fitness for Seniors

With Nick DeTura

NASM Certified Personal Trainer, Senior Fitness Specialist and ACE- Certified Orthopedic Exercise Specialist, Nick, leads these professional classes, designed specifically for Seniors. Classes incorporate strength training exercises for energetic adults along with active Cardio Engagement, Static/Dynamic Stretching and Balance disciplines.



Onsite and On Zoom
at the Hunterdon County Senior Center
starting in April

Tuesdays: 10:30 AM-11:30 AM

Fridays: 10:00 AM-11:00 AM

Pre-Registration Required

Please call to sign up 908-788-1359

This is a free class, through a grant under the Older Americans Act and sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans' Services