

# Chair Aerobics-Gentle Exercise

**With Minal**



Join trained instructor, Minal in this wonderful, easy paced, exercise class focusing on functional movements, fall prevention and strength exercises.

This class incorporates weight training, cardio sections that can be tailored to fit your needs and ends with gentle massage and relaxation techniques.

Onsite and On Zoom

at the Hunterdon County Senior Center  
starting in April

**Tuesdays: 10:00 AM-11:00 AM**

**Fridays: 11:15 AM-12:15 PM**

**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