

# Healthy Bones



The “ongoing” Healthy Bones class focuses on the exercise component of the class. Using hand weights and ankle weights, you will learn the proper exercise techniques and posture to perform high intensity, low impact strength training exercises. These evidence-based exercises help to improve or stabilize bone density, increase strength, balance, flexibility and build muscle mass. **You must have completed and graduated from the beginner class as a prerequisite before entering an ongoing class. We offer virtual zoom classes as well as onsite and offsite classes. Below is a list of current and upcoming classes**

## Virtual Classes:

**Day/time: Monday – 9:30am**

**Day/time: Tuesday – 9:00am**

**Day/time: Thursday – 10:00am**

## Onsite Classes:

**Day/Time: Monday – 9:15am**

**Location: Senior Center, Flemington**

## Offsite Class (Coming soon!)

**Day/Time: 9:30am**

**Location: Raritan Police Dept, Raritan Twp.**

**Registration is required. Waiver and Medical Clearance necessary to enter the class.**

**No charge** To Register for any of the classes; email: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128. **Once registered for virtual classes; you will receive an invitation email, meeting login credentials and any further instructions. You must have a working computer with access to internet.**

**Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services  
- Senior Fitness Programs**