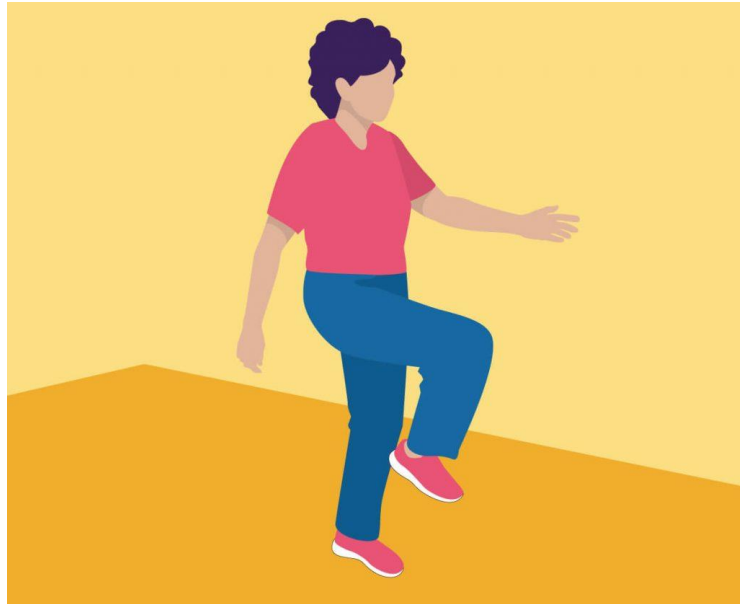


Low Impact Aerobics



Why is Low Impact Aerobics good for older adults? It is a great way to increase your heart rate and stay active without putting too much stress on your body.

Low-impact exercises minimize the pressure that you put on your joints.

This is a “hybrid class” which means you have two options:

You can take the class virtually at home or come onsite.

BEGINNERS ARE WELCOME!

Day/Time: Tuesdays -9:15am & Fridays -11:00am

Location: Senior Center – Flemington

Registration is required. Space is limited; first come-first serve

No charge. No prior experience necessary!

To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

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**