

# Fall Exercise Classes for the Active Aging



Come and enjoy the benefits of stretching and low-impact exercises. Keep moving through fitness. *Remember, 7 days of inactivity makes one WEAK!*

**Thursdays at 10:00am**

**September 7<sup>th</sup> – October 26<sup>th</sup>**

**Hopewell Township Municipal Building  
201 Washington Crossing Pennington Road, Titusville**

The program, adaptable to all levels, will highlight:

- Functional Fitness (Activities of Daily Living)
- Balance
- Strength
- Endurance
- Posture
- Flexibility
- Mobility



*\*As with any exercise program, check with your healthcare provider before participating!*

**Instructor: Bob Kirby, Bob's Fun Fitness LLC**

Registration is required, space is limited! Fee of \$20/person for the 8 week program, Bring a check to the first class made out to the HV Senior Foundation. Must have 15 participants to hold the class.

Please call (609) 537-0236 to register.