

# 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 10am, October 13<sup>th</sup> - December 8<sup>th</sup>**  
(no class November 24<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



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

Registration is required, space is limited!

Fee of **\$15/person** for the class, Bring a check to the first class made out to the **HV Senior Foundation.**

**Please call (609) 737-0605 x668 to register.**