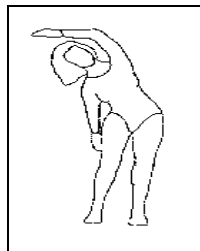
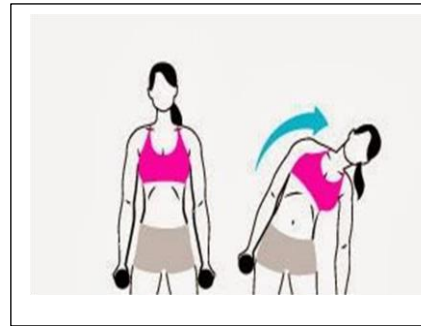


# Getting Stronger



**Description:** **Getting Stronger** is an outgrowth of the Healthy Bones concept. It builds on some of the exercises from Healthy Bones but is more challenging in that ***all*** involve the use of the exercises hand and ankle weights. The emphasis is on the core fitness and balance. Some of the exercises are: Tandem Walking, Chair Stand, Diagonal Hip Raises and Right-Angle Dangle.

**Pre-requisite: Beginner Healthy Bones**

**Day/Time:** ***Wednesdays*** – 9:30am -11:00am

**Location:** Frenchtown Presbyterian Church, Frenchtown

**Registration is required You must fill out a waiver and medical clearance form to enter the class No charge.**

To Register email: [elangeveld@co.hunterdon.nj.us](mailto: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 Health & Fitness Program**