

Low Impact Aerobics



Definition: Low impact involves stepping, walking, and other movements that don't get your feet pounding against the ground.

Benefits 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!

TWO CLASSES:

Days/Times: Tuesdays – 9:30am

Fridays - 11:00am

Location: Senior Center – Flemington

Registration is required. You must sign a waiver.

No charge. No prior experience necessary!

For Virtual Class: 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 aged 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**