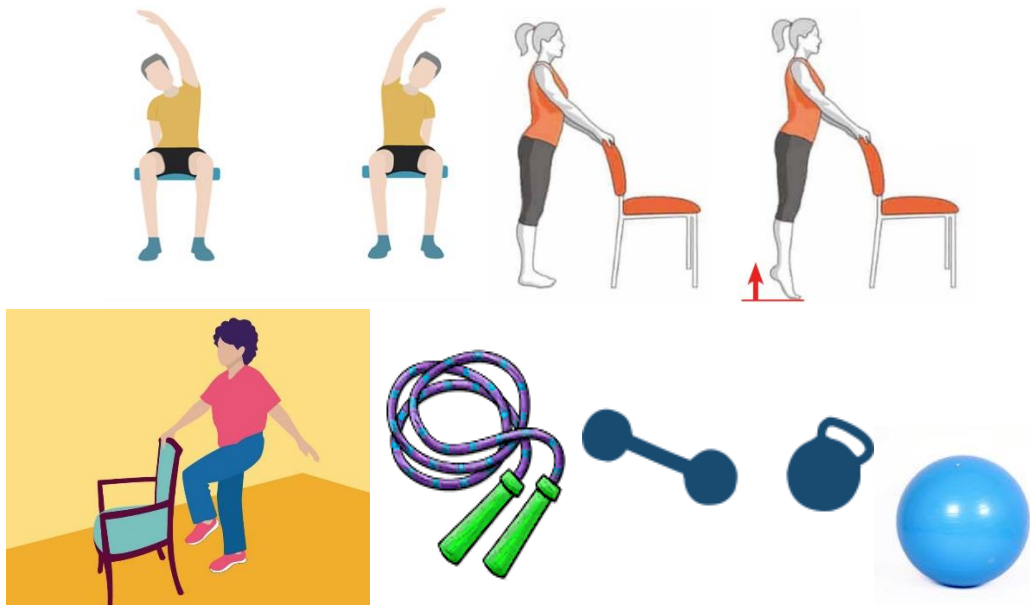


Move Tomorrow



Description: Move Tomorrow is an extension of the Move Today series, with continues emphasis on balance, posture, and strength with some new twists! The class adds more intensity and more reps to the exercises than Move Today. Weights and balls are added besides the bands.

Pre-requisite: Completion of Move Today Class

Day/Time: Tuesdays – 11:15am

Location: Senior Center, Flemington

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

To Register email: 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**