

Healthy Bones

(Ongoing Class)



Description: The “ongoing” Healthy Bones class focuses on the exercise component of the class. Using hand weights and ankle weights, you will learn the proper exercise techniques and posture to perform high intensity, low impact strength training exercises. These evidence-based exercises help to improve or stabilize bone density, increase strength, balance, flexibility and build muscle mass. **Prerequisite:** You must have completed and graduated from the beginner class as a pre-requisite before entering an ongoing class.

We offer virtual zoom classes as well as onsite classes.

Below is a list of current and upcoming classes

Three Virtual Classes:

Days/Times: **Mondays** – 9:30am

Days/Times: **Tuesdays** – 9:00am

Days/Times: **Thursdays** -10:00am

Two Onsite Classes:

Days/Times: **Mondays** – 9:30am

Location: Senior Center, Flemington
(Auditorium and Room 5A/B)

Registration is required. Waiver and Medical Clearance necessary to enter the class.

**No charge. To Register for any of the classes; email: elangeveld@co.hunterdon.nj.us
or call (908) 284-6128**

For Virtual classes: You will receive an invitation email, meeting login credentials and any further instructions. You must have a working computer with access to internet.

**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**