


SENIOR HEALTH & FITNESS

<http://www.co.hunterdon.nj.us/seniors.htm>

908-284-6128

FEBRUARY 2023

Classes may be cancelled due to unforeseen circumstances.
Please call or check the Website for the latest information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events: (Onsite)</p> <p>2/16: Low Vision Meeting 2/17: RVCC Music Concert 2/23: Monthly Movie 2/27: Presentation on Olive Oil</p>		<p>9:00AM - Tai chi (Onsite) 9:30AM -- Getting Stronger (Offsite) Frenchtown Pres. Church 10:15AM - Beg. Tap (Onsite) 10:30AM - Chair Yoga (Offsite) Three Bridges Reformed Church 11:30 AM -Tap 2 (Onsite) 1:00PM - Matter of Balance (Onsite) 1:30PM - Tai Chi for Health (Onsite) 2:30PM -Beg. Tai Chi for Health (Onsite)</p>	<p>10:00AM - Beg. Healthy Bones (Onsite) 9:30AM - Zumba Gold (Hybrid) 10:00AM- Healthy Bones (Virtual) 10:45AM- Chair Yoga (Onsite) 12:00PM-Pilates (Onsite) 1:15PM - Ballet (Onsite) 2:30PM - Tap Together (Onsite)</p>	<p>9:00AM - Qi Gong (Virtual) 9:30AM - Mat Yoga (Onsite) 10:00AM - Adv Fitness(Virtual) 10:00AM - Chair Aerobics (Hybrid) 11:00AM - LI Aerobics (Hybrid)</p>
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