

Senior Health & Fitness Program Presents:

Our revised Gentle Exercise is now “Gentle Aerobics”



Description: Sitting and Standing exercises using light weights, stretching and resistance with the option to use bands.
A Good workout ending with breathing and relaxation to end of the session

Instructor: Minal Shah
Time: Tuesdays - 10:45am
Fridays - 11:00am

This is a virtual zoom class. You may participate with an internet-connected laptop computer or mobile device such as smart phone or tablet computer.

Desktop computers require a webcam and speakers.

Registration is required. Free of charge.

To receive an invitation email, meeting login credentials and any further instructions, please email your registration request including your name, phone number, email address and event name to

Eleanor Langeveld at: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Sponsored by Hunterdon County Division of Senior, Disabilities & Veteran Services.

You must be a resident of Hunterdon County – 60 years or older.