

GET PHYSICAL AT THE OFFICE ON AGING



6 Reasons to get off the couch & get moving

Daily, 9:45am-2:30pm

Work up a sweat in our fully-equipped gym
Treadmills, recumbent bikes, elliptical, weight training machines & free weights

Mondays, 10am-10:45am

Exercise Class

Strengthen, Sculpt & Tone - Light Activity Level, Instructor-Led Class

Tuesdays, 10am-10:45am

Yoga Class

Breathe, Balance & Stretch - Light Activity Level, Instructor-Led Class

Tuesdays, 11am-11:45am

Zumba Class

Dance, Groove & Burn - Moderate Activity Level, Instructor-Led Class

Thursdays, 10am-10:45am

Exercise Class

Boost, Energize & Rejuvenate - Moderate Activity Level, Instructor-Led Class

Saturdays, 9:30am-10:15am

Yoga Class

Align, Restore & Refresh - Light Activity Level, Instructor-Led Class