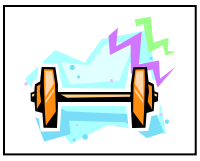
The Senior Center at 15 Linwood Place offers the following exercise programs for FREE:

Monday
9:30 am Chair Yoga
10:15 am Zumba
11 am Primetime Fitness 1 Video

Tuesday
9:30 am & 12:30 pm Healthy Bones



Wednesday
9:30 am Line Dancing
10:30 am Chair Yoga

Thursday
9:30 am Zumba
10 am- Healthy Bones

Friday
10 am Fitness with Donna

Call the Senior Center for
More information or
Join us for classes!
732-247-0922, ext. 820