

Exercise Class

All are welcome to join in! On Mondays, we do chair/standing exercises that help with stretching and balance. Then on Fridays, a whole-body workout is done while sitting and standing with weights, if you choose to use them. The exercises energize you and help with strength and balance!

No cost. No sign up. Just come!



**Mondays and Fridays at
9:30 am – 10:15 am
Nelson Hall**

Wear comfortable clothes and shoes. You may bring free weights to use on Fridays. We also have some available.

You are welcome to stay after class for coffee and conversation. 😊