

Senior Wellness Program – Free to Seniors

HYBRID FITNESS CLASS



MOVE IT OR LOSE IT

The Chester Recreation Department in conjunction with Kim Cremin, Exercise Physiologist, offers this safe, evidence-based physical activity program designed to enhance health outcomes for a diverse range of adults age 60+.

Exercises are performed using various pieces of small exercise equipment and chairs. The participants in this class have seen significant improvements in balance, strength and flexibility.

The goal of Senior Fitness is to help older adults maximize their independence by building strength, increasing flexibility, and help to reduce the risk of falls while maintaining a healthy living style.

Where: Move It or Lose It classes are currently held in hybrid format
Virtual classes with in-person participation in the MPR

When: **Tuesday / Thursday @ 10:30 AM**
In-person class the second Monday of the month

Cost: **FREE** to Chester residents*. Registration and physician's clearance must be completed before attending class.

If you have questions or wish to register you can either contact Kim Cremin at kacremin1@gmail.com / 303-4061 or the Chester Recreation Department at director@chesternhrec.org / 887-3636 ext. 100.