

MOVE IT OR LOSE IT

SENIOR WELLNESS PROGRAM – FREE TO CHESTER SENIORS

WHERE

Hybrid Format at home virtually or
In-person participation in the MPR

WHEN

Monday and Thursday @ 10:30 AM
(In-person 2nd Thursday @ 11 AM)

COST

Free to Chester Senior Residents



REGISTRATION

Registration / physician's clearance
must be completed before attending

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.

**Registration/Questions
please contact either/or:**

Instructor Kim Cremin
303-4061
kacremin1@gmail.com

Chester Recreation
887-3636, Ext. 100
director@chesternhrec.org

