

OPEN TO RESIDENTS  
OF EAST HANOVER  
AND ROSELAND!!!

# MOVE TODAY Classes



Date:

Wednesdays, starting March 29, 2017  
(for 12 weeks)



**Time: 1:00pm-2:00pm**

PLACE: Thomas Rinaldi Center  
5<sup>th</sup> Street, East Hanover

**There is an initial fee of \$10.00 or \$5.00 for  
returning participants.**

*Move Today is a 45-60 minute  
non-aerobic exercise class for  
older adults. The program  
utilizes resistance bands and is  
designed to:*

- ★ *improve flexibility*
- ★ *improve balance*
- ★ *increase stamina*
- ★ *increase muscle strength*
- ★ *improve posture*
- ★ *improve body mechanics*

**INFORMATION!!!**

To register for the Move Today exercise classes, please contact the East Hanover Health Department at 973-428-3035. Ask to speak to Maria. Mandatory physician release forms can be obtained from the Health Dept.