

OPEN TO RESIDENTS
OF EAST HANOVER
AND ROSELAND!!!

MOVE TODAY Classes



Date:

Wednesdays, starting March 28, 2018
(for 12 weeks)



Time: 1:00pm-2:00pm

PLACE: Thomas Rinaldi Center
5th 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 973-888-6035. Ask to speak to Maria

Mandatory physician release forms can be obtained from the Health Dept.