

# Stretch your limits exercise program

## COMMUNITY HEALTH AND OUTREACH

For adults aged 55 years and older



### This program includes:

- Light aerobic warm-up
- Strength training with elastic tubing and dumbbells
- Balance training and stretching with modified yoga and chair tai chi

Participants need a sturdy chair without arms and space to move forward, back and side-to-side.

**Instructor:** Lonnie Sebastian, MSN, RN-BC, Cardiac Rehab Nurse, Certified ACSM Exercise Specialist, Yoga Instructor [sebastianl@mlhs.org](mailto:sebastianl@mlhs.org)

**Location:** Virtual via Zoom

### Cost: Free of Charge

Registration must be made 48 hours prior to class participation (weekends not included in the 48 hours).

**Waiver:** A signed waiver is required prior to registering for year-round classes. Contact Michelle Geer, Community Health and Outreach at 484.337.5206 or [geerm@mlhs.org](mailto:geerm@mlhs.org) to request a waiver.

**Monday | July 1**  
9:30-10:30 am

**Thursday | July 11**  
**NO Class**

**Monday | July 22**  
9:30-10:30 am

**Thursday | August 1**  
4:30-5:30 pm

**Monday | August 12**  
9:30-10:30 am

**Thursday | August 22**  
4:30-5:30 pm

**Wednesday | July 3**  
4:30-5:30 pm

**Monday | July 15**  
9:30-10:30 am

**Thursday | July 25**  
4:30-5:30 pm

**Monday | August 5**  
9:30-10:30 am

**Thursday | August 15**  
4:30-5:30 pm

**Monday | August 26**  
9:30-10:30 am

**Monday | July 8**  
9:30-10:30 am

**Thursday | July 18**  
4:30-5:30 pm

**Monday | July 29**  
9:30-10:30 am

**Thursday | August 8**  
4:30-5:30 pm

**Monday | August 19**  
9:30-10:30 am

**Thursday | August 29**  
4:30-5:30 pm

To register for classes email: [Geerm@mlhs.org](mailto:Geerm@mlhs.org)

Class Questions: Please contact Michelle Geer at [Geerm@mlhs.org](mailto:Geerm@mlhs.org) or call 484-337-5206.