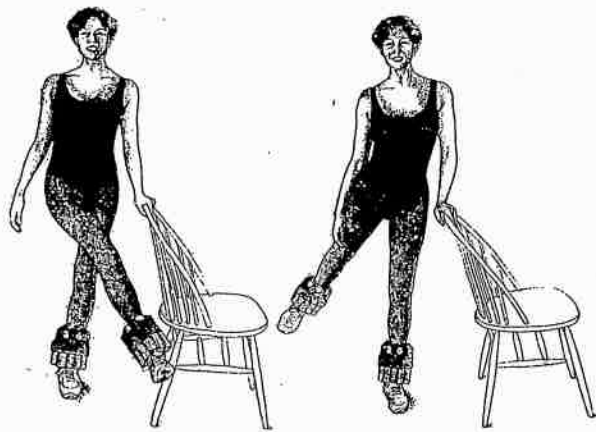
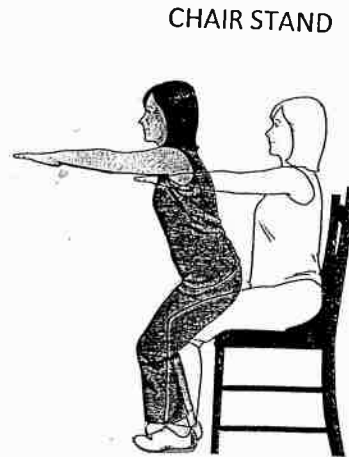


Getting Stronger

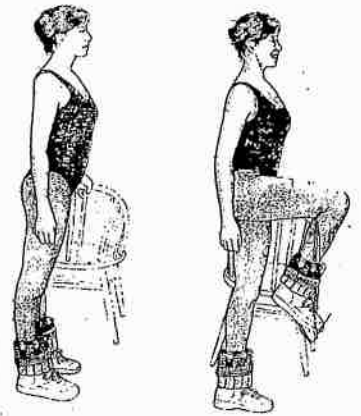


DIAGONAL HIP RAISE (WITH WEIGHTS)



CHAIR STAND

RIGHT ANGLE DANGLE



Description: **Getting Stronger** is an outgrowth of the Healthy Bones concept; however, is more challenging in that ***all*** the exercises involve the use of hand and ankle weights. The emphasis is on the core fitness and balance. Some of the exercises are: Tandem Walking, Chair Stand, Diagonal Hip Raises and Right-Angle Dangle.

Pre-requisite: Beginner Healthy Bones

Day/Time: Wednesdays – 9:30am -11:00am

Location: Frenchtown Presbyterian Church, Frenchtown

Registration is required You must fill out a waiver and medical clearance form to enter the class No charge.

To Register email: elangeveld@co.hunterdon.nj.us or call (908) 284-6128.

Open to Hunterdon County residents aged 60 and over who are enrolled members of the Senior Center. Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services / Senior Health & Fitness Program