

Manchester Senior Services Presents

MOVE TODAY

A NO COST 12-WEEK EXERCISE PROGRAM FOR SENIORS

**LOCATION: Manchester Town Hall-Civic Center
1 Colonial Dr. Manchester**

ALL CLASSES ARE AT 10:00AM

Tuesday June 17th

Thursday, June 19th

Tuesday June 24th

Thursday June 26th

Tuesday July 1st

Thursday July 3rd

Tuesday July 15th

Thursday July 17th

Tuesday July 22nd

Thursday July 24th

Tuesday July 29th

Thursday July 31st

Move Today is a 30–45-minute non-aerobic exercise class designed to improve flexibility, balance and stamina. Participants assess their health, physical well-being and intent to make behavior changes before and upon completion of the program. The exercises and guidelines are based on current nationally recognized standards and science. Exercises can be done while sitting or standing. Classes are led by trained peer leaders and meet weekly for twelve sessions.

**PLEASE CALL MANCHESTER SENIOR SERVICES AT
732-849-8305 TO REGISTER. MUST BE REGISTERED TO
ATTEND. MEDICAL CLEARANCE FORMS MUST BE
COMPLETED BY DOCTOR. FORMS AVAILABLE AT OUR
OFFICE. REGISTRATION IS FOR FULL 12 WEEK PROGRAM.**



Funded in part by a grant
from the Ocean County
Board of Commissioners