This class is taught by **Jennifer Martin**, IFPA, AFFA Personal Trainer, AFFA Group Exercise Instructor, CPR/AED

Chair-Exercise Classes

Begins on Monday, February 15, 2016

Winton Senior Center:

Mondays and Wednesdays

9:00 to 9: 45 am

Ahoskie:

Wednesdays and Fridays

10:30-11:15

Murfreesboro:

Tuesdays and Thursdays

9:00 to 9:45

This is a free class and drop-ins are always welcome!

Chair based exercises focus on minimizing stiffness and pain in your lower back, hips, knees and ankles. This is a light resistance and low-impact exercise class