

OPEN TO RESIDENTS
OF EAST HANOVER
AND ROSELAND!!!

MOVE TODAY Classes



Date:

Wednesdays, starting September 18, 2019
(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!!!

**For additional information
and to register for the
Move Today exercise
classes,
please contact the
East Hanover Health
Department at
973-888-6035
Mandatory physician
release forms can be
obtained from the Health
Dept.**