



Ageing Well

Exercise Program for Seniors

BEGNNING MONDAY, JUNE 7, 2021

Days: Monday, Wednesday, Friday

Time: 10-11 am

Location: First Baptist Church of Monroe
Fellowship Hall

139 Francis Ave., Monroe, VA

Instructors: Provided by YMCA of Central VA

Fee: \$20 Monthly

Registration: On Site Or call 434-946-9371

This class is designed for senior adults who want to improve their muscle tone, flexibility and improve blood circulation. The class will consist of chair exercises, stretching and light aerobic exercise (exercises can be modified to the level you are comfortable with).



For more information call:
Amherst County Recreation Department