



THE PHOEBE NEEDLES CENTER



**Join us online each
Monday, Wednesday, and
Friday morning at
10:00 AM for our
Active Seniors
exercise group!**

**THE CLASS RUNS FROM
10:00 - 11:00 A.M.
Exercise at your own pace!**

Active Seniors is a light exercise class for seniors who would like to work on developing strength, mobility and flexibility at their own pace. Participants join the group via Zoom while exercising from the comfort of their own home. Participants are able to exercise at their own intensity level and to rest or forgo exercise as needed.

Currently, participants join from several states such as New Jersey and Florida, as well as throughout the state of Virginia. Participants enjoy the camaraderie, accountability, and friendship of group exercise without having to leave the comfort of their home. It's a great way to make new friends and to socialize.

PARTICIPATION IS FREE!!

If you are not sure if the Active Seniors Class is right for you, then feel free to log-in and give it a try! You do not have to participate in every session and you may stop attending at any time.

To join in the Active Seniors fun, email PNCenter@gmail.com to be added to the Active Seniors email group and to receive log-in instructions.

Phone 540-483-1518 FAX 540-483-2235

Email PNCenter@gmail.com Web Page www.PhoebeNeedles.org