

SENIOR CENTER EXERCISE CLASS

FREE FOR LAWRENCE RESIDENTS AGES 60+

INSTRUCTOR - VIRGINIA SOLTIS

**LOCATION - LAWRENCE SENIOR CENTER
30 EAST DARRAH, LAWRENCE NJ**

**ONLY 30 SPOTS IN
CLASS. YOU MIGHT
GO ON A WAITLIST
IF CLASS IS FULL.**

**CLASS ON-GOING
MONDAYS & THURSDAYS
9:00-10:00 AM**

**FOR MORE INFORMATION AND TO REGISTER
PLEASE CALL LAWRENCE TWP SENIOR CENTER
(609)-844-7048**

**BRING A WATER
BOTTLE!**

