

# Lawrence Township Office on Aging SENIOR HULA HOOP FITNESS



## *Hula Hoop Fitness*

*Starts Tuesday,  
September 14, 2021  
10:00 AM*

Village Park

Lawrence Township  
Bergen Street Entrance  
Near Pavilion

*WITH ANGELA*



Wear  
Comfortable  
Shoes and  
Clothing!  
Hoops  
Provided.

Learn New Ways to Move and Groove with a Hula Hoop!  
Get Energized with Low Impact Senior Friendly Movement:  
To Improve Strength, Range of Motion, Coordination and Focus.

### Fall Series

DATES: September 14, 21, 28,  
October 5, 12, 19, 26.

TIME: 10:00—11:00 AM

LOCATION: Lawrence Twp.

*Village Park  
Bergen Street Entrance*

Fee: \$21.00 for  
7 week Series.

Please Call The Senior Center at  
609-844-7048

For More Information And To  
Register In Advance. Space Is Limited.  
Social Distancing will be followed.  
Face Masks will be required when  
social distancing cannot be followed.  
Health Questionnaire and Temperature  
checks will be required before each class.  
Please arrive 10 Minutes early for each  
class. Pre-registration is required!