

Gorham Parks & Recreation Department

# Senior 55+ Cardio Flex & Stretch Exercise Class

**When:** Every Tuesday and Thursday morning at  
9:00am

**Where:** Gorham Parks and Recreation Dept.,  
33 Exchange Street

**Cost:** \$5.00 per class (drop in) or \$30.00  
monthly membership

**Bring:** Water bottle and small 1, 2, or 3lb hand  
weights if you have them  
(can be purchased at Walmart)



Please join us at the Gorham Parks & Recreation office for a gentle “Flex and Stretch” fitness class. Classes will be taught by Certified Fitness Instructor Anne Bennett. Fitness class will begin at 9:00am and will last approximately 45 minutes. No need to RSVP, just drop in!

Getting 30 minutes of exercise a day is the key to a healthy lifestyle. Regular physical activity can help keep your heart and bones strong while improving your strength and flexibility. Get moving and feel great! Seated and standing exercises that work all major muscles and joints are specifically selected to enhance independent living skills, aimed to ease performing activities of daily living.

**For more information contact Andrea at 603-466-9866 or [apearl@gorhamnh.org](mailto:apearl@gorhamnh.org)**