



VON Smart Exercise

Start Date: 6/15/2018 11:00 AM

End Date: 6/15/2018 12:00 PM

VON Free Smart Exercise: Gentle seated exercise program for older adults designed to improve participation in daily living activities and help maintain independence at home and prevent falls * classes focus on strength, training, balance, flexibility and cardiovascular exercises.

Every Tuesday and Friday morning from 11 am - noon

Location(s)

Ingersoll Library