



**2024**

## *Virtual Exercise Program*

**Warren County Department of Aging & Disabilities Services**

**To register Please call 908-475-6591**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
	<b>Virtual Meditation for Seniors 11 am (Zoom)</b>	<b>Virtual Chair Yoga for Seniors 9 :30am (Zoom)</b>	<b>Virtual Zumba for Seniors 9am (Zoom)</b>	<b>Forever Young Chair Yoga 9:30am</b>
6	7	8	9	10
<b>Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)</b>	<b>Virtual Meditation for Seniors 11 am (Zoom)</b>	<b>Virtual Chair Yoga for Seniors 9:30am (Zoom)</b>	<b>Virtual Zumba for Seniors 9am (Zoom)</b>	<b>Forever Young Chair Yoga 9:30am</b>
13	14	15	16	17
<b>Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)</b>	<b>Virtual Meditation for Seniors 11 am (Zoom)</b>	<b>Virtual Chair Yoga for Seniors 9:30 am (Zoom)</b>	<b>Virtual Zumba for Seniors 9am (Zoom)</b>	<b>Forever Young Chair Yoga 9:30am</b>
20	21	22	23	24
<b>Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)</b>	<b>Virtual Meditation for Seniors 11 am (Zoom)</b>	<b>Virtual Chair Yoga for Seniors 9:30 am (Zoom)</b>	<b>Virtual Zumba for Seniors 9am (Zoom)</b>	<b>Forever Young Chair Yoga 9:30am</b>
27	28	29	30	31
<b>Virtual Chair Yoga for Joint Health for Seniors 11am (Zoom) <b>Holiday</b></b>	<b>Virtual Meditation for Seniors 11 am (Zoom)</b>	<b>Virtual Chair Yoga for Seniors 9:30 am (Zoom)</b>	<b>Virtual Zumba for Seniors 9am (Zoom)</b>	<b>Forever Young Chair Yoga 9:30am</b>