

# FREE EXERCISE PROGRAMS FOR SENIORS

## FULL BODY WORKOUT

Total-body strength using light weights and bands.

## LET'S KEEP MOVING

Gentle movement to boost strength, flexibility, and mind-body wellness.

## FUNCTIONAL MOVEMENT

Move better, feel better, live better.

## QIGONG & TAI CHI

Mindful movement for balance, strength, and calm.

## BALANCE & AGILITY

Boost stability and prevent falls with simple strength work.

For more information, please contact  
Marlene at [mceragno@jccotp.org](mailto:mceragno@jccotp.org)  
201.569.7900 ext. 439



**SENIOR**  
SERVICES