

Lawrence Township Senior Exercise Class



Lawrence Township Senior Fitness classes are taught by Trenton YMCA staff on Monday and Thursday mornings at 9:30 -10:30 AM at the Lawrence Township Senior Center.

Instructors are certified and caring and offer a variety of exercises that improve cardio strength and endurance, muscular strength and endurance as well as flexibility training. The classes are designed specifically for the senior population and are suitable for all skill levels. Each class provides exercises that will improve the quality of each individual's daily living. A great way to workout, socialize and stay fit.

BENEFITS OF EXERCISE:

- The [National Institutes of Health](#) (NIH) reports that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging.
- * According to the [MAYO Clinic](#)- Moderately strenuous exercise, about 30 minutes a day, can lead to enormous benefits in terms of your mood, health, weight and the ability to live an independent and fulfilling life.