

THE MEADOWLANDS AREA YMCA IS HOSTING FREE

EXERCISE CLASSES FOR W-R RESIDENTS (ALL ADULTS WELCOME)

MARCH

ARM CHAIR ON TUESDAYS & THURSDAYS

CHAIR SQUATS



WRIST AND FINGER STRETCH



9-10 A.M.

NEVER BE
ASHAMED
OF TRYING

2026

ARM STRETCH



ANKLE ROLL



BODY STRENGTHENING & CONDITIONING

(ALL ADULTS WELCOME)

TUESDAYS & FRIDAYS

10:30-11:15 A.M.

WITH CHRIS



Feeling
LUCKY

THANK YOU TO THE YMCA & THEIR INSTRUCTORS WHO ARE PROVIDING
W-R WITH GREAT EXERCISE CLASSES FOR FREE!