

FREE January Workshop Functional Movement for Active Adults Offered by Patti Doran

- For new and returning participants
- Doctor note needed for new participants (available at town hall or email admin@townofminerva.com)
- 75 minute classes that meet 2 - 3 times per week
- Instruction includes: safe warm-up, strength training for everyday activities, and cooling down techniques.
- Wear sneakers and bring **water** and an **exercise mat!**

Location

Minerva Community Center/1652 State Rte. 28N/Minerva, NY 12851

Dates

Wednesday, January 4, 11:00 a.m. (mandatory class for future participation)

Friday, January 6, 11:00 a.m.

Monday, January 9, 11:00 a.m.

Wednesday, January 11, 11:00 a.m.

Monday, January 16, 11:00 a.m.

Wednesday, January 18, 11:00 a.m.

Friday, January 20, 10:30 a.m. *****

Monday, January 23, 11:00 a.m.

Wednesday, January 25, 11:00 a.m.

Email Patti any questions: doranclan@aol.com