



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	4	5
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9 :30am (Zoom)	Zumba for Seniors 9 am (Zoom)	Forever Young Chair Yoga 9:30am
8	9	10	11	12
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30am (Zoom)		Forever Young Chair Yoga 9:30am
15	16	17	18	19
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)	Zumba for Seniors 9 am (Zoom)	Forever Young Chair Yoga 9:30am
22	23	24	25	26
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)	Zumba for Seniors 9 am (Zoom)	Forever Young Chair Yoga 9:30am
29	30	31		
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)		