

Light & Easy Exercise Class



Wednesday mornings
10:30 – 11:15am

Rosborough Wellness Center
Asbury Methodist Village

This class offers a full range of activities:

1. Light but active motions to warm the body up and improve cardiovascular fitness,
2. Seated exercises to stretch and work the abdominals,
3. Light handweights are used to improve muscular strength and bone density,
4. Seated and standing stretches

How to register?

Call the Asbury Wellness Center at 301-987-6255

