



# ***DANCE INSPIRED CHAIR EXERCISE***

*For Seniors*

***With Dance Instructor***

***Kimberly Hall***

This exercise program focuses on good posture, mobility, core strength, balance and toning while bringing out musicality and artistry.

**Starts:** Wednesday January 7th, 2026

**Time:** 1 pm to 1:45 pm

**Location:** Holy Trinity Church Hall

2 Hammond River Rd, Quispamsis, NB

**Cost:** \$50 for 10 Classes

**Pre-Register** by calling 506-647-8170