



# Let's Get Moving!

CHAIR AEROBICS & CHAIR YOGA



Elizabeth Public Library  
4th Fl. Auditorium  
11 S. Broad St., Elizabeth NJ  
Registration not required.

**May 1 | May 8 | May 15**  
Chair Aerobics: 5:30–6:00pm  
Chair Yoga: 6:15–6:45pm

**Kathy Jackson, Fitness Instructor at The Gateway Family YMCA, leads this FREE and FUN exercise class for anyone over 14!**

