



# Let's Get Moving!

CHAIR AEROBICS & CHAIR YOGA



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

**March 27 | April 17 | April 24**  
Chair Aerobics: 5:30–6:00pm  
Chair Yoga: 6:15–6:45pm

**Kathy Jackson, Gateway Family YMCA  
Fitness Instructor, leads this FREE and FUN  
exercise class for anyone over 14!  
Registration not required.**

