



Adult Strength & Balance



CLASS INFORMATION

This group fitness class is for beginners and experienced participants and will help you focus on strength, balance and stability exercises while you strengthen major muscle groups. The use of resistance bands and your own body to move well and increase your skills. Class begins with a warmup and finishes with a series of stretches to leave you feeling refreshed and energized. There will also be balancing Yoga poses at the end of the session such as tree pose, mountain, eagle, airplane, modified chair and 5-pointed star along with warrior I and warrior II.

This program is for adults ages 50+ only due to grant requirements.

INSTRUCTOR

Kim Rivest taught the Strength and Balance class at Rye Park and Recreation for adults ages 55+ in the Wave program for three years. She enjoys working with an older population and is from the baby boomer generation herself. Kim is originally from Connecticut and moved to Hampton, NH in 2017. Bone density and muscle strength are important as we age. Kim received a 200-hour yoga teacher certification in 2015 from the Yoga Shop in South Windsor, CT. Then in 2022, she received her 300-hour yoga teacher certification through Exeter Power Yoga and Healing LLC with mentors Jean Donnelly and Tracy Covello. Kim currently teaches chair and mat Yoga at Dover senior fitness in Dover, NH. Kim's hobbies are reading, biking and walking.

REGISTRATION

Pre-registration is required (space is Limited). Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (5) Minimum, (12) maximum.

LOCATION

Classes will be held upstairs at 32 Court Street Exeter, NH 03833.

Tuesdays, January 7 – February 11, 2025 (6 weeks)		
Class	Time	Fee
Strength & Stretch	10:45am-11:45am	\$15/Exeter Resident or \$25/Non-resident

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: (603) 773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday-Friday, 8:15am-4:15pm