

Join us for **free exercise classes** designed specifically for seniors 55+.
Lead by a VON instructor.



SMART Exercise Classes

Every Tuesday and Friday

Seated Exercise Class: 11:00-12:00 - FULL

Seated/Standing Hybrid Class: 12:15-1:15

Oxford County Library - Norwich Branch

Sign Up Now

To Register for Class call: 1-888-866-7518
For more information prior to registering please call:
519-539-1231

 **OxfordCounty**
Library
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