SENIOR STRENGTH – KEEPING STRONG

A group of people doing exercises

Description automatically generated

PARKS & RECREATION SENIOR STRENGTH CLASSES

**WEDNESDAYS** **12:30** CENTER HARBOR MUNICIPAL BUILDING CARY MEAD ROOM $5.00 PER SESSION

**STARTS SEPTEMBER 27, 2023**

CONTACT: [PARKSANDRECREATION@CENTERHARBORNH.GOV](mailto:PARKSANDRECREATION@CENTERHARBORNH.GOV)