



## PEMBROKE PARKS AND RECREATION DEPARTMENT

### Sittercise Classes



Low impact chair exercises - very little standing. We will use lite weights and rubber bands.



**Classes are free!**

**Registration is now underway.** Sign up anytime at Town Hall  
Monday – Friday from 8:30-5PM.

All instructions are held at the Pembroke Housing Authority.

Classes are on Monday and or Wednesday afternoons from 2 -2:45PM  
**beginning January 9<sup>th</sup>, 2017.**

For more information about this program please call Pembroke Parks &  
Recreation Department at 910-521-7182

