

Chairobics with Jocelyn



Description: Chairobics is a fun and lively 45 minute class designed for active seniors. Set to upbeat retro pop hits, this class blends strength training, aerobics, and a touch of boxing for a total body workout in a chair! You'll build muscle, boost circulation, and energize your day.

Jocelyn has been teaching group fitness across the NH Seacoast for over 11 years. She blends her deep experience with a passion for helping people of all ages feel strong, capable, and motivated.

Registration: Registration is open to Exeter residents on Wednesday, February 18, 2026 and non-residents on Wednesday, February 25, 2026, 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. (8) Minimum, (10) maximum.

Dates & Time: Fridays, March 13 - April 10, 1:00-1:45pm.

Location: Exeter Community Center, 10 Hampton Rd. Exeter, NH 03833

Fee: The fee is \$40 for residents and \$50.00 for non-residents

Deadline: The deadline to register is March 13, or once the class is full.
Note: We need a minimum of 6 people registered for this class. Maximum is 10.



Exeter Parks & Recreation Department
10 Hampton Road Exeter, NH 03833
www.exeternh.gov/recreation
603-773-6151