

Chairobics with Jocelyn

April 27 - June 8, 2026



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, April 8, 2026 at 8:15am** and non-residents on **Wednesday, April 15, 2026 at 8:15am** Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (6) Minimum, (10) maximum.

Dates & Time: Mondays, April 27 - June 8, 2026. ***Program does not meet on Monday, May 25.** Classes run from 10:00-10:45am.

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 April 24, or once the class is full. Note: We need a minimum of 6 people registered for this class. Maximum is 10.

 EXETER PARKS & RECREATION

Chairobics Class w/ Jocelyn

"Fun, upbeat exercise class that blends strength training, aerobics and a touch of boxing"

MONDAYS, 10:00-10:45AM
APRIL 27 - JUNE 8 (NO CLASS 5/25)
\$40/RESIDENT
\$50/NON-RESIDENT

RESIDENT REGISTRATION OPENS
APRIL 8 AT 8:15AM

NON-RESIDENT REGISTRATION
OPEN APRIL 15 AT 8:15AM

REGISTRATION AVAILABLE ONLINE, IN PERSON OR BY CALLING 603-773-6151

EXETER PARKS & RECREATION DEPARTMENT
10 HAMPTON RD. EXETER, NH 03833
WWW.EXETERNH.GOV/RECREATION
603-773-6151

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