

Chairobics with Jocelyn

July 6 - August 11, 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, June 17, 2026 at 8:15am** and non-residents on **Wednesday, June 24, 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: Tuesdays, July 6 - August 11. Classes run from 9:00-9:45am.

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 July 3, 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"

TUESDAYS, 9:00-9:45AM
JULY 6 - AUGUST 11
\$40/RESIDENT
\$50/NON-RESIDENT

RESIDENT REGISTRATION OPENS
JUNE 17 AT 8:15AM

NON-RESIDENT REGISTRATION
OPENS JUNE 24 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