

Zesty Chair Exercises
and ***Strength Training for***
Senior Citizens are C-NET
programs geared towards older
adults who are looking to stay
active, but may not be able to
get outdoors often. These
shows are sponsored by the
Centre Region Council of
Governments.



Laura Anne Hurst, Rehabilitation
Services Student at Penn State
University, leads the exercises classes
that were taped at the Centre Region
Senior Center, 131 S. Fraser St,
in April 2004.

For More Information on
C-NET Programming
call 238-5031 or visit
www.centreconnect.org

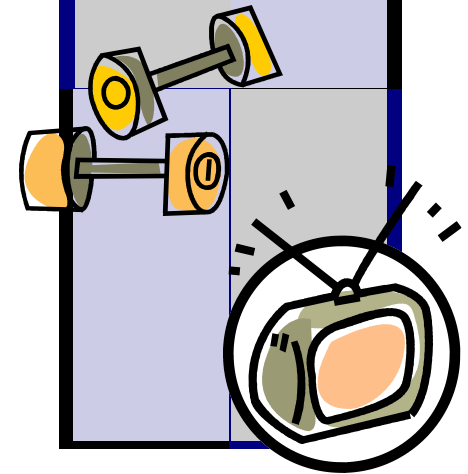


C-NET
Centre County's Government and
Education Access Network
243 S. Allen Street, Suite 336
State College, PA 16801
Phone: (814) 238-5031
Fax: (814) 238-5368
E-mail: cnet@ceinetworks.com
www.centreconnect.org



Brings You...

***Senior
Exercises***



Stay active at home with
C-NET's exclusive exercise
television programs.

Airing On



Cable Channel 7

Put your chair to good use and exercise along with C-NET's *Zesty Chair Exercises* and *Strength Training for Senior Citizens*.



You can increase the intensity of your workout by adding leg weights.



Watch



Cable Channel 7...

Zesty Chair Exercises

Mondays

8:00 AM & 6:00 PM

Wednesdays

8:00 AM & 6:00 PM

Fridays

8:00 AM



Strength Training for Senior Citizens

Tuesdays

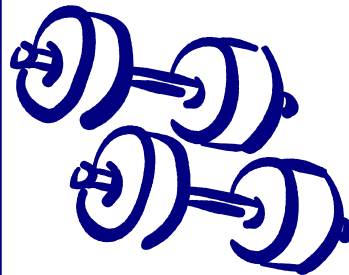
8:00 AM &
6:00 PM

Thursdays

8:00 AM

Saturdays

8:00 AM



Both *Zesty Chair Exercises* (30 min.) and *Strength Training* (60 min.) include stretching exercises before and after the workout.



Although these exercises are geared towards older adults, they can be tailored for all ages and fitness levels.

