

Exercise Classes with Instructor Barbara Bond

SilverSneakers, Gentle Stretching, Balance, Light Weight Lifting Exercise Classes will be held outdoors until further notice due to the restrictions of Covid19.

Outdoor location: Nottingham Park

Days of the week: Monday through Friday

Time of day: 8:30 AM

Note: Please plan to arrive at 8:15 to setup your chair and exercise equipment. Park opens at 8:00 AM

You will need to bring your own sturdy chair. All chairs will be placed 7 to 10 feet apart for exercising. Please bring water and a towel. If you do not have weights, a ball or rope that we typically use for the class, please stop by the Oxford Area Senior Center and pick up a set to borrow. Please call 610-932-5244 or email jdmcleod@oxfordseniors.org to let us know that you would like to borrow exercise equipment. We will need you to sign an "Agreement to Borrow Equipment" Form just so we know where and who has equipment.

Come out and enjoy the beautiful park.



Please be aware that due to the exercise being outside, the summer heat and humidity should be taken into consideration when exercising outdoors. If you have a medical condition, please consult with your doctor before exercising outdoors during the summer heat.

If you would like to attend any of the exercise classes, please contact Barbara Bond by text on her cell phone 610-348-6763, please text your name and when you would like to start coming to the exercise class. If you are unable to text, please call Barbara Bond on her cell phone 610-348-6763 to let her know you plan to come to an exercise class. You can leave a voice message including your name and she will return your call. You can also e-mail Barbara at osc.exercise.instructor@gmail.com.



When the weather is either too hot or raining, classes will be moved to an online class via Zoom. If you need assistance downloading Zoom, Barbara can help you with that as well.

