



Town of Seabrook
Seabrook Recreation Department

311 Lafayette Rd. Seabrook, NH 03874

Spring 2016 Classes & Activities



Senior Exercise



EXERCISE PROGRAMS FOR AGES 55+

ZUMBA GOLD

\$20 WITH MEMBERSHIP

MONDAY @ 10AM
WEDNESDAY @ 10:30AM

CHAIR YOGA

\$16 WITH MEMBERSHIP

WEDNESDAY @ 9:10AM

BONE BUILDERS

FREE WITH MEMBERSHIP

TUESDAY @ 10AM
FRIDAY @ 10AM

SPRING SESSION RUNS MARCH 28th—JUNE 17th

For more information please call the rec at 603-474-5746

Find us on Facebook:
Seabrook Recreation Department &
Community Center



Visit our website:
[seabrooknh.info/town-departments/
recreation](http://seabrooknh.info/town-departments/recreation)

MISSION STATEMENT: To provide leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes