



Meredith Parks and Recreation Department

Strength & Balance Class

Instructors: Roberta O'Neill and
LRVNA Staff

Meredith Parks & Recreation Department
One Circle Drive Meredith, NH 03253
603-279-8197

The Meredith Parks and Recreation Department has collaborated with Lakes Region VNA to offer a Strength and Balance class for active adults. The class will meet for 8 consecutive weeks. This class will help participants to improve their strength, balance and flexibility at a moderate and comfortable pace!

Registration is required & space is limited!

Class Details:

Days: Tuesdays and Thursdays

Time: 11:15am - 12:00pm

Location: Activity Center
(gymnasium)

Session Fees:

Full Session:

\$80.00 - Meredith Residents

\$90.00 - Non-Residents

1-Day Option**:

\$40.00 - Meredith Residents

\$45.00 - Non-Residents

½ Session (Spring 2026)

\$40.00 - Meredith Residents

\$45.00 - Non-Residents

1-Day Option**:

\$20.00 - Meredith Residents

\$22.50 - Non-Residents

**1-Day Options are available for participants to register either only Tuesdays or only Thursdays for the entire session.

Fall 2025 Session

9/16/25 - 11/13/25

No Class: 11/4/25, 11/11/25

Make Up Dates (if needed): 11/18/25, 11/20/25

Registration Opens:

Meredith Residents: 9/4/2025

Non-Residents: 9/8/2025

Winter 2025 - 2026 Session

12/2/2025 - 2/5/2026

No Class: 12/23/25, 12/25/25, 12/30/25, 1/1/26

Make Up Dates (if needed): 2/10/26, 2/12/26

Registration Opens:

Meredith Residents: 11/10/2025

Non-Residents: 11/14/2025

Early Spring 2026 Session

3/3/2026 - 5/7/2026

No Class: 3/10/26, 4/28/26, 4/30/26

Make Up Dates (if needed): 5/12/26, 5/14/26

Registration Opens:

Meredith Residents: 2/9/26

Non-Residents: 2/12/26

Spring 2026 ½ Session

5/19/2026 - 6/11/2026

Make Up Dates (if needed):

6/16/26, 6/18/26

Registration Opens:

Meredith Residents: 4/20/26

Non-Residents: 4/23/26

