

WELLSBURG — The Brooke County Public Library is offering Geri-Fit, a 45-minute strength training class for older adults. Participants begin by lifting light weights — usually while seated — and can work at their own pace. Those attending should bring a set of light dumbbells, a stretch band and water to drink. The video fitness class will be held from 10 a.m. to 10:45 a.m. on Mondays and Wednesdays at the Follansbee Library, located at 844 Main St. The class will be offered from 8:30 a.m. to 9:15 a.m. on Tuesdays and Fridays at the Brooke County Library, located at 945 Main St. Those interested in participating in the free classes should register by calling (304) 737-1551, Ext. 106.