



NEW PROVIDENCE SENIOR CITIZENS CENTER

Exercise and Fitness Classes for Senior Citizens

MONDAY

8:30am - In Control

Use Weights and Floor Exercise to Develop and Enhance Arm, Chest, Inner Core and Leg Muscles. It Will Stretch the Body and Improve Balance. Some Floor Work.

11 am - Chair Yoga

Gentle Practice of Yoga While Sitting in a Chair or Using a Chair for Balance. Increase Flexibility and Muscle Strength, Reduce Stress and Increase Relaxation.

TUESDAY

9:45am - Balance and Conditioning

Low Impact Mixture of Light Weight Training, Balance and Coordination Drills to Help Range of Motion, Confidence and Energy Levels.

1pm - Tai Chi

Ancient Discipline of Slow, Fluid Like Movements. Instrumental in Relaxing the Full Body and Mind with a Variety of Health Benefits Including Increased Balance Control, Flexibility and Cardiovascular Fitness.

THURSDAY

9:30am - Fit and Healthy

Aerobic Warm Up Followed by Balance and Strength Workout. No Floor Work.

FRIDAY

9:30 am - Zumba

Latin Dance Inspired Fitness Program. Help Improve Strength, Posture and Flexibility.

*All schedules are subject to change. Please call the Center at 908.665.0046 with any questions.