

FREE Weekly Exercise Classes **for New Providence Seniors**

Our instructors will work with you at whatever level you are comfortable. *Ask your doctor which classes would be appropriate for you. All exercise class participants must complete a registration form with a medical waiver.* Please check the calendar for specific dates. Stop by 15 East 4th Street and give a class a try!

In Control – Weights and floor exercises develop arm, chest, inner core, and leg muscles. Stretches body and improves balance. **Mondays @ 8:30am.**

Chair Yoga – Improves flexibility and muscle strength. Reduces stress and increases relaxation. **Mondays @ 11:00am.**

Balance and Conditioning – Light weight training, balance and coordination drills. Helps range of motion, confidence, and energy levels. **Tuesdays @ 9:45am.**

Tai Chi – Slow, fluid movements. Relaxes body and mind. Increases balance control, flexibility and cardiovascular fitness. **Tuesdays @ 1:00pm.**

Fit and Healthy – Aerobic warm up followed by balance and strength workout. No floor work. **Thursdays @ 9:30am.**

Zumba – Latin dance inspired fitness program. Improves strength, posture, and flexibility. **Fridays @ 9:30am.**