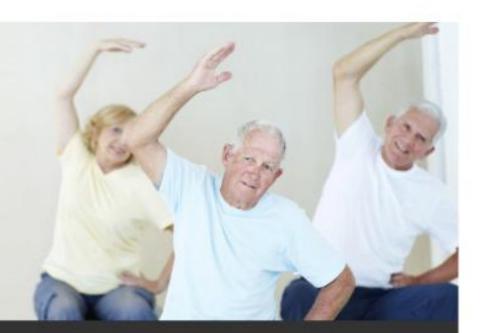
# Free Exercise Programs for Seniors



## Sit & Be Fit

Class offers a total body workout regardless of fitness level. Mondays, 10-10:45 am.

# Qi Gong (Life Energy Cultivation)

An ancient Chinese practice that helps align breath, movement, and awareness during exercise and meditation. Tuesdays, 10:30-11:15 am.

## **NEW! Yoga Tai Chi Dance Combo**

Increase flexibility and strength, engage your mind and body simultaneously and ward off diseases such as Parkinson's during this enjoyable and uplifting exercise experience. Tuesdays at 1 pm

#### Fit for Life

Use weights, bands and exercise balls to stay fit for life. Good for all abilities. Wednesdays, 10-10:45 am.

# **NEW! Boxing for Seniors**

Boxing is all about movement, no contact. Come for a light boxing and resistance training class that will train your mind and body against diseases such as Parkinson's and cardiopulmonary conditions.

Wednesdays, 1 pm

## **Easy Exercise**

This class uses light weights and rubber exercise bands to strengthen muscles. Thursdays, 10:15-11:15 am.

# **NEW! Cardio Dance Party**

Dance your way to better health. Join us for a fun full body workout that will certainly get your heart pumping. Thursdays, 1 pm

## **Balance & Agility**

Strengthen your muscles to increase balance and stability. Fridays, 10:15-11 am.

For further information please contact Marlene at 201.569.7900, ext. 439

Not a SAC member? Please RSVP to Marlene

