

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

