

# SENIOR HEALTH & FITNESS

<http://www.co.hunterdon.nj.us/seniors.htm>

908-284-6128

# SEPTEMBER 2022

Celebrating 50 years!

Classes may be cancelled due to unforeseen circumstances.  
Please call or check the Website for the latest information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Special Events: (Onsite)</b>  <b>9/12: Author Talk</b>  <b>9/16: Lunch &amp; Learn</b>  <b>9/19: Revolutionary War Talk</b></p>		 	<p>9:30AM Beg. Healthy Bones Onsite)  <b>9:30AM Zumba Gold (Hybrid)</b>  <b>10:00AM -Healthy Bones (Virtual)</b>            10:45AM-- Chair Yoga (Onsite)            12:00PM-- Pilates (Onsite)  <b>1:15PM – Ballet (Cancelled)</b>            2:30PM – Tap Together (Onsite) 1</p>	<p><b>9:00AM--Qi Gong (Virtual)</b>            9:30AM--Mat Yoga (Onsite)  <b>10:00AM - Chair Aerobics (Hybrid)</b>  <b>10:00AM - Adv Fitness((Virtual)</b>  <b>11:00AM - LI Aerobics (Hybrid)</b> 2</p>
<p><b>SENIOR CENTER CLOSED</b></p> <p>5</p>	<p><b>9:00AM-- Healthy Bones (Virtual)</b>  <b>9:15AM-LI Aerobics (Hybrid)</b>  <b>10:00AM- Chair Aerobics (Hybrid)</b>            10:00AM – Bocce (Outside Courts)  <b>10:30AM-Adv Fitness (Virtual)</b>            11:00AM – Mat Yoga (Offsite)  <b>Three Bridges Reformed Church</b>  <b>11:15AM-Move Tomorrow Cancelled</b>            12:00PM –Beg. Line Dance (Onsite)            1:00PM – Int. Line Dance (Onsite)  <b>1:30PM-Breathing/Meditation (Vir)</b> 6</p>	<p>9:00AM -Tai chi (Onsite)  <b>9:30AM--Getting Stronger (Offsite)</b>  <b>Frenchtown Presb. Church</b>            10:15AM-Beginner Tap (Onsite)  <b>10:30AM Chair Yoga (Offsite)</b>  <b>Three Bridges Reformed Church</b>            11:30AM – Tap 2 (Onsite)            2:00PM -Tai Chi / Health (Onsite)            3:00PM Beg Tai Chi Health (Onsite) 7</p>	<p>9:30AM Beg. Healthy Bones Onsite)  <b>9:30AM Zumba Gold (Hybrid)</b>  <b>10:00AM -Healthy Bones (Virtual)</b>            10:45AM-- Chair Yoga (Onsite)            12:00PM-- Pilates (Onsite)            1:15PM – Ballet (Onsite)            2:30PM – Tap Together (Onsite) 8</p>	<p><b>9:00AM--Qi Gong (Virtual)</b>            9:30AM--Mat Yoga (Onsite)  <b>10:00AM - Chair Aerobics (Hybrid)</b>  <b>10:00AM - Adv Fitness((Virtual)</b>  <b>11:00AM - LI Aerobics (Hybrid)</b> 9</p>
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