

# SENIOR HEALTH & FITNESS

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

908-284-6128

July 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM - Bocce - (Courts – Onsite) <b>9:00AM - Tai Chi (Offsite)</b> Clinton United Meth. Church 9:15AM – Healthy Bones (Onsite) <b>9:30AM - Healthy Bones (Virtual)</b> 9:30AM - Healthy Bones (Onsite) <b>10:00AM- Beg. Line Dance Cancelled</b> 11:00AM - Ballet (Onsite) 12:15PM -Tap 1 (Onsite) <b>1:30PM - Tai Chi for Health Cancelled</b> <b>2:30PM- Beg. Tai Chi/Health Cancelled</b> 3	<b>HOLIDAY</b>  <b>SENIOR CENTER CLOSED</b> 4	9:00AM - Tai chi (Onsite) <b>9:30AM -- Getting Stronger (Offsite)</b> Frenchtown Pres. Church 10:15AM – Beg. Tap (Onsite) 11:30AM - Tap 2 (Onsite) <b>1:45PM – Tai Chi/Health (Onsite)</b> Cancelled <b>2:00PM –Beg. Tai Chi/ Health (Onsite)</b> Cancelled 5	9:30AM - Beg. Healthy Bones (Onsite) <b>9:30AM - Zumba Gold (Hybrid)</b> <b>10:00AM - Healthy Bones (Virtual)</b> <b>10:45AM - Chair Yoga (Onsite) Cancelled</b> <b>12:00PM - Pilates (Onsite) Cancelled</b> 1:15PM- Ballet (Onsite) 2:30PM - Tap Together (Onsite) 6	<b>9:00AM - Qi Gong (Virtual)</b> <b>9:30AM - Mat Yoga (Onsite)</b> Cancelled <b>10:00AM – Adv. Fitness (Virtual)</b> <b>10:00AM - Chair Aerobics (Hybrid)</b> <b>11:00AM - LI Aerobics (Hybrid)</b> Cancelled 7
9:00AM - Bocce (Courts – Onsite) <b>9:00AM --Tai Chi (Offsite)</b> Clinton United Meth. Church 9:15AM – Healthy Bones (Onsite) <b>9:30AM-- Healthy Bones (Virtual)</b> 9:30AM - Healthy Bones (Onsite) 10:00AM - Beg. Line Dance (Onsite) 11:00AM - Ballet (Onsite) 12:15PM - Tap 1 (Onsite) <b>1:30PM - Tai Chi for Health Cancelled</b> <b>2:30PM- Beg. Tai Chi/Health Cancelled</b> 10	9:00AM – Bocce (Courts – Onsite) <b>9:00AM- Healthy Bones (Virtual)</b> <b>9:30AM - LI Aerobics (Hybrid)</b> <b>10:00AM - Chair Aerobics (Hybrid)</b> <b>10:00AM - Adv. Fitness (Virtual)</b> <b>10:00AM – Chair Yoga (Offsite)</b> 10:45AM – Matter of Balance (Onsite) <b>11:00AM – Mat Yoga (Offsite)</b> 11:15AM - Move Tomorrow (Onsite) 11:45AM - Int. Line Dance (Onsite) 1:00PM – Adv. Line Dance (Onsite) <b>1:30PM - Breathing/Meditation (Virtual)</b> <b>2:30PM – Try Out Tap (Onsite) (*New)</b> 11	9:00AM - Tai chi (Onsite) <b>9:30AM - Getting Stronger (Offsite)</b> Frenchtown Pres. Church 10:15AM - Beg. Tap (Onsite) 11:30AM - Tap 2 (Onsite) <b>1:45PM – Tai Chi/Health (Onsite)</b> Cancelled <b>2:00PM –Beg. Tai Chi/ Health (Onsite)</b> Cancelled 12	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) 13	<b>9:00AM - Qi Gong (Virtual)</b> <b>9:30AM - Mat Yoga (Onsite)</b> Cancelled <b>10:00AM – Adv. Fitness (Virtual)</b> <b>10:00AM - Chair Aerobics (Hybrid)</b> <b>11:00AM - LI Aerobics (Hybrid)</b> Cancelled 14
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