

SENIOR HEALTH & FITNESS







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

908-788-1359

APRIL 2022

Classes may be cancelled due to unforeseen circumstances.

Please call or check the Website for the latest information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 			
<p>9:00AM --Tai Chi (Offsite) Clinton United Meth. Church</p> <p>9:30AM - Healthy Bones (Virtual)</p> <p>11:00AM – Ballet (Onsite)</p> <p>12:15PM – Tap 1 (Onsite/Virtual)</p>	<p>9:00 AM - Healthy Bones (Virtual)</p> <p>9:15AM - LI Aerobics (Virtual)</p> <p>10:00AM– Chair Aerobics (Onsite)</p> <p>10:30AM-Adv. Fitness (Onsite/Virtual)</p> <p>11:00AM-Mat Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:15AM - Move Tomorrow (Onsite)</p> <p>12:00PM - Beg. Line Dance (Onsite)</p> <p>1:00PM – Int. Line Dance (Onsite)</p> <p>1:30M - Breathing/ Meditation (Virtual)</p>	<p>9:00AM -Tai Chi (Onsite)</p> <p>9:30AM - Getting Stronger (Offsite)</p> <p>Frenchtown Presb. Church</p> <p>10:15AM - Beg. Tap (Onsite/Virtual)</p> <p>10:30AM – Chair Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:30AM – Tap 2 (Onsite/Virtual)</p> <p>2:30PM -Tai Chi for Health (Onsite)</p>	<p>9:30AM - Zumba Gold (Virtual)</p> <p>10:00AM – Healthy Bones (Virtual)</p> <p>10:45AM - Chair Yoga (Onsite)</p> <p>12:00PM – Pilates (Onsite)</p> <p>1:15pm – Ballet (Onsite)</p>	<p>9:00AM - Qi Gong (Virtual)</p> <p>9:00AM - Mat Yoga (Onsite)</p> <p>10:00AM-Adv Fitness (Onsite/Virtual)</p> <p>11:00AM - LI Aerobics (Virtual)</p> <p>11:15AM – Chair Aerobics (Onsite)</p>
4	5	6	7	8
<p>9:00AM - Tai Chi (Offsite)</p> <p>Clinton United Meth. Church</p> <p>9:15am – Healthy Bones (Onsite)</p> <p>9:30AM - Healthy Bones (Virtual)</p> <p>9:30AM – Healthy Bones (Onsite)</p> <p>11:00AM – Ballet (Onsite)</p> <p>12:15PM – Tap 1 (Onsite/Virtual)</p>	<p>9:00 AM - Healthy Bones (Virtual)</p> <p>9:15AM - LI Aerobics (Onsite/Virtual)</p> <p>10:00AM – Chair Aerobics (Onsite)</p> <p>10:30AM-Adv. Fitness (Onsite/Virtual)</p> <p>11:00AM – Mat Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:15AM - Move Tomorrow (Onsite)</p> <p>12:00PM - Beg. Line Dance (Onsite)</p> <p>1:00PM – Int. Line Dance (Onsite)</p> <p>1:30PM – Breathing/Meditation (Virtual)</p>	<p>9:00AM - Tai Chi (Onsite)</p> <p>9:30AM - Getting Stronger (Offsite)</p> <p>Frenchtown Presb. Church</p> <p>10:15AM - Beg. Tap (Onsite/Virtual)</p> <p>10:30AM – Chair Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:00AM –Health & Wellness Lecture (Offsite)– MOW – Walter Foran Blvd.</p> <p>11:30AM – Tap 2 (Onsite/Virtual)</p> <p>2:30PM - Tai Chi for Health (Onsite)</p>	<p>9:30AM - Zumba Gold (Virtual)</p> <p>10:00AM – Healthy Bones (Virtual)</p> <p>10:45AM - Chair Yoga (Onsite)</p> <p>12:00PM – Pilates (Onsite)</p> <p>1:15PM – Ballet (Onsite)</p>	<p>HOLIDAY</p> <p>SENIOR CENTER CLOSED</p>
11	12	13	14	15
<p>9:00AM --Tai Chi (Offsite)</p> <p>Clinton United Meth. Church</p> <p>9:15am – Healthy Bones (Onsite)</p> <p>9:30AM - Healthy Bones (Virtual)</p> <p>9:30AM – Healthy Bones (Onsite)</p> <p>11:00AM – Ballet (Onsite)</p> <p>12:15PM – Tap 1 (Onsite/Virtual)</p>	<p>9:00 AM-- Healthy Bones (Virtual)</p> <p>9:15AM - LI Aerobics (Onsite/Virtual)</p> <p>10:00AM– Chair Aerobics (Onsite)</p> <p>10:30AM-Adv. Fitness (Onsite/Virtual)</p> <p>11:00AM – Mat Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:15AM--Move Tomorrow (Onsite)</p> <p>12:00PM –Beg. Line Dance (Onsite)</p> <p>1:00PM – Int. Line Dance (Onsite)</p> <p>1:30PM-Breathing/Meditation (Virtual)</p>	<p>9:00AM – Tai Chi (Onsite)</p> <p>9:30AM - Getting Stronger (Offsite)</p> <p>Frenchtown Presb. Church</p> <p>10:15AM - Beg. Tap (Onsite/Virtual)</p> <p>10:30AM - Chair Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:30AM – Tap 2 (Onsite/Virtual)</p> <p>2:30PM - Tai Chi for Health (Onsite)</p>	<p>9:30AM - Zumba Gold (Onsite/Virtual)</p> <p>10:00AM – Healthy Bones (Virtual)</p> <p>10:45AM - Chair Yoga (Onsite)</p> <p>12:00PM – Pilates (Onsite)</p> <p>1:15PM – Ballet (Onsite)</p>	<p>9:00AM - Qi Gong (Virtual)</p> <p>9:00AM - Mat Yoga (Onsite)</p> <p>10:00AM-Adv Fitness (Onsite/Virtual)</p> <p>11:00AM-LI Aerobics (Onsite/Virtual)</p> <p>11:15AM – Chair Aerobics (Onsite)</p>
18	19	20	21	22
<p>9:00AM - Tai Chi (Offsite)</p> <p>Clinton United Meth. Church</p> <p>9:15am – Healthy Bones (Onsite)</p> <p>9:30AM - Healthy Bones (Virtual)</p> <p>9:30AM – Healthy Bones (Onsite)</p> <p>11:00AM – Ballet (Onsite)</p> <p>12:15PM – Tap 1 (Onsite/Virtual)</p>	<p>9:00 AM - Healthy Bones (Virtual)</p> <p>9:15AM - LI Aerobics (Onsite/Virtual)</p> <p>10:00AM– Chair Aerobics (Onsite)</p> <p>10:30AM-Adv. Fitness (Onsite/Virtual)</p> <p>11:00AM – Mat Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:15AM - Move Tomorrow (Onsite)</p> <p>12:00PM –Beg. Line Dance (Onsite)</p> <p>1:00PM – Int. Line Dance (Onsite)</p> <p>1:30PM- Breathing/Meditation (Virtual)</p>	<p>9:00AM - Tai Chi (Onsite)</p> <p>9:30AM - Getting Stronger (Offsite)</p> <p>Frenchtown Presb. Church</p> <p>10:15AM – Beg. Tap (Onsite/Virtual)</p> <p>10:30AM - Chair Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:30AM – Tap 2 (Onsite/Virtual)</p> <p>2:30PM -Tai Chi for Health (Onsite)</p>	<p>9:30AM – Zumba Gold (Onsite/Virtua)</p> <p>10:00AM – Healthy Bones (Virtual)</p> <p>10:45AM - Chair Yoga (Onsite)</p> <p>12:00PM – Pilates (Onsite)</p> <p>1:15PM – Ballet (Onsite)</p>	<p>9:00AM - Qi Gong (Virtual)</p> <p>9:00AM - Mat Yoga (Onsite)</p> <p>10:00AM-Adv Fitness (Onsite/Virtual)</p> <p>11:00AM- LI Aerobics (Onsite/Virtual)</p> <p>11:15AM – Chair Aerobics (Onsite)</p>
25	26	27	28	29