

# SENIOR HEALTH & FITNESS

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

908-788-1359

# MAY 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>9:15am – Healthy Bones (Onsite)</p> <p>9:30AM-- Healthy Bones (Virtual)</p> <p>9:30AM – Healthy Bones (Onsite)</p> <p>10:00am – Bocce (Outside Courts)</p> <p>11:00AM – Ballet (Onsite)</p> <p>12:15PM – Tap 1 (Hybrid)</p> <p>2</p>	<p>9:00 AM-- Healthy Bones (Virtual)</p> <p>9:15AM-LI Aerobics (Hybrid)</p> <p>10:00AM– Chair Aerobics (Onsite)</p> <p>10:00AM -Bocce (Outside Courts)</p> <p>10:30AM-Adv Fitness (Hybrid)</p> <p>11:00AM – Mat Yoga (Offsite)</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>3</p>	<p>9:00AM -Tai chi (Onsite)</p> <p>9:30AM--Getting Stronger (Offsite) Frenchtown Presb. Church</p> <p>10:15AM-Beginner Tap (Onsite)</p> <p>10:30AM –Chair Yoga (Offsite)</p> <p>Three Bridges Reformed Church</p> <p>11:30AM – Tap 2 (Hybrid)</p> <p>2PM -Tai Chi for Health (Onsite)</p> <p>3PM Beg Tai Chi for Health(Onsite)</p> <p>4</p>	<p>9:30AM Zumba Gold (Virtual)</p> <p>9:30AM Zumba Gold (Hybrid)</p> <p>10:00AM – Healthy Bones (Virtual)</p> <p>10:45AM-- Chair Yoga (Onsite)</p> <p>12 Noon – Pilates (Onsite)</p> <p>1:15pm – Ballet (Onsite)</p> <p>2:30pm – Tap Together (Onsite)</p> <p>5</p>	<p>9:00AM--Qi Gong (Virtual)</p> <p>9:15AM--Mat Yoga (Onsite)</p> <p>10:00- Adv Fitness (Hybrid)</p> <p>11:00AM LI Aerobics (Hybrid)</p> <p>11:15AM – Chair Aerobics (Onsite)</p> <p>6</p>
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<p><b>HOLIDAY</b> <b>SENIOR CENTER CLOSED</b></p> <p>30</p>	<p>CLASS SCHEDULE SAME AS 5/24</p> <p>31</p>		 	