

BLOOMFIELD

Parks • Recreation • Cultural Affairs

SENIOR EXERCISE WINTER PROGRAMS

These Programs have been funded by



TAI CHI - \$20 (Includes 10 classes)

MONDAYS from 11:00am—12:00pm

Tai chi is a Chinese form of martial arts involving slow and low impact movements that can be easy for seniors and those with limited mobility.

Registration is Closed for Fall. December 3,10,17 (Fall Class Ends)

Winter Classes Begin: January 7, 14, 28 February 4, 11, 25 March 4, 11, 18, 25

Registration Opens 12/5/2018

SENIOR EXERCISE - \$20 (Includes 20 classes)

TUESDAYS & THURSDAYS from 10:00am—11:00Am

Senior exercise is a low-impact class designed especially for seniors to stay active and exercise at their own pace. **Registration is Open.**

November 6,8,13,15,20,27,29 December 4, 6,11,13,18,20,27 January 3,8,11,15,17,22

No Class on 11/22, 12/25 & 1/1/19

QIGONG - \$20 (Includes 8 classes)

THURSDAY EVENINGS from 6:00pm—7:00pm

Qigong is a Chinese practice that incorporates slow, gentle movements in harmony with breathing.

January 10,17,24,31 February 7, 14, 21, 28

ZUMBA GOLD - \$20 (Includes 10 classes)

FRIDAYS from 10:00am—11:00pm

Zumba Gold is for active seniors who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. **Registration is Open.**

November 30 December 7, 14, 21, 28 January 4, 11,18, 25 February 1

For more info or to register, contact: Bloomfield Parks, Recreation & Cultural Affairs

☎ (973)743-3332

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🌐 www.bloomfieldrecreation.org