Parsippany Community Center

EXERCISE SCHEDULE

The Place To Be... Parsippany
For Family, For Business, For Fun

MARCH 2010

Monday & Wednesday, 9:15am-10:15am:

Senior Fitness: Improve your overall fitness and well-being. Please wear comfortable clothing and sneakers with good support. Fee: $3.00, Instructor: Susanne Doerig

Mondays, 10:30am-11:30am: Newly Designed!

Yoga, Stretch & Strength: Increase your strength, balance & flexibility, decrease pain & stiffness from arthritis, shoulder & back pain with this beginners yoga & weight training class. Exercises are all performed in chairs or standing on mats. Loose fitting clothing, sneakers, socks or barefoot. Fee: $3.00. Instructor: Susanne Doerig

Mondays, 1:30pm - 2:30pm:

Line Dancing: Instructors: Joyce (973)403-3332 or Phyllis (973)335-7571. Fee: $2.00

Tuesdays, 10:30am - 11:30am:

Falun Gong: Easy to learn series of exercises to relieve stress & anxiety, increases energy & vitality, greatly improves physical health, and promotes spiritual growth. Free. Volunteer Instructor: Quan Shen.

Wednesdays, 10:30am - 11:30am: Brand New Class!

Sit To Be Fit: If you've always wanted to attend an Aerobics class but were unable to because of balance, hip, back or knee problems - this is the class for you! Class includes warm-up, active aerobics, weight training exercises, & cool down, all done while seated. Fee: $3.00. Instructor: Susanne Doerig

Thursdays, 9:15am - 10:30am:

Yoga: Increase your balance & flexibility. Gentle Yoga poses that increase flexibility and strength. Loose fitting clothing, sneakers, socks or barefoot. Fee: $3. Instructor: Susanne Doerig.

Fridays, 10:00am - 11:00am:

T'ai Chi Chuan: Free. Improve your balance, flexibility and posture. Teaches you concentration & complete relaxation. To register or for more information, contact volunteer instructor Richard Wang at (973) 257-1257 or rjjcdk@verizon.net

Sun	Mon	Tue	Wed	Thu	Fri
	1 1:30pm ~ Line Dancing	2 10:30am ~ Falun Gong	3 9:15am ~ Sr. Fitness 10:30am~Sit To Be Fit	4 Yoga ~ 9:15am - 10:30am	5 10:00am ~ T'ai Chi Chuan
7	8 9:15am ~ Sr. Fitness 10:30am~Yoga St. & St. 1:30pm ~ Line Dancing	9 10:30am ~ Falun Gong	10 9:15am ~ Sr. Fitness 10:30am~Sit To Be Fit	11 NO CLASSES	12 10:00am ~ T'ai Chi Chuan
14	15 1:30pm ~ Line Dancing	16 10:30am ~ Falun Gong	17 NO CLASSES	18 NO CLASSES	19 10:00am ~ T'ai Chi Chuan
21	22 1:30pm ~ Line Dancing	23 10:30am ~ Falun Gong	24 NO CLASSES	25 NO CLASSES	26 10:00am ~ T'ai Chi Chuan
28	29 1:30pm ~ Line Dancing	30 10:30am ~ Falun Gong	31 NO CLASSES		