

PARSIPPANY COMMUNITY CENTER EXERCISE CLASSES for OLDER ADULTS January 2012

Mon	Tue	Wed	Thu	Fri
2 CENTER CLOSED Happy New Year!	3	4	5	6 10am ~ T'ai Chi Chuan
9 9:15am ~ Sr. Fitness 10:30am ~ St. & St. 1:30pm ~ Line Dancing 2:45pm ~ Line Dancing for Beginners	10 10:30am ~ Falun Gong	11 9:15am ~ Sr. Fitness 1:00pm ~ Healthy Bones	12 9:15am ~ Yoga 11am ~ Walking Club at PAL	13 10am ~ T'ai Chi Chuan
16 CENTER CLOSED Martin Luther King	17 10:30am ~ Falun Gong	18 9:15am ~ Sr. Fitness 1:00pm ~ Healthy Bones	19 9:15am ~ Yoga 10:45am ~ Sit & Be Fit 11am ~ Walking Club, PAL	20 10am ~ T'ai Chi Chuan
23 9:15am ~ Sr. Fitness 10:30am ~ St. & St. 1:30pm ~ Line Dancing 2:45pm ~ Line Dancing for Beginners	24 10:30am ~ Falun Gong	25 9:15am ~ Sr. Fitness 1:00pm ~ Healthy Bones	26 9:15am ~ Yoga 10:45am ~ Sit & Be Fit 11am ~ Walking Club, PAL	27 10am ~ T'ai Chi Chuan
30 9:15am ~ Sr. Fitness 10:30am ~ St. & St. 1:30pm ~ Line Dancing 2:45pm ~ Line Dancing for Beginners	31 10:30am ~ Falun Gong			



EXERCISE CLASS DESCRIPTIONS

BE SURE TO CHECK THIS MONTH'S EXERCISE SCHEDULE! (on other side)

Mondays & Wednesdays, 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 ~ Stretch & Strength: Increase your strength, balance & flexibility. Decrease pain & stiffness from arthritis, shoulder & back pain with this beginners stretch & 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: Instructor: Joyce Cimera (973)403-3332. Fee: \$2.00

Mondays, 2:45pm - 3:45pm ~ Line Dancing For Beginners: Instructor: Joyce Cimera, (973) 403-3332. 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, 1:00pm - 2:30pm ~ Project Healthy Bones:

Low impact exercise program designed for men & women who have been diagnosed with or at risk for osteoporosis. There is a fee for the series which includes weights and a manual. Contact Stan Gabay at 973-784-4900, ext. 102.

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.

Thursdays, 10:45am - 11:45am ~ Sit & Be Fit: FREE to all Parsippany Senior Citizens! A fun class with great music! Exercises will increase your heart rate, strength and well-being. All exercises done in chairs. Instructor: Susanne Doerig.

Thursdays, 11:00am - 12:00pm ~ Free Walking Club:

The club meets every Thursday at the PAL Building located at 33 Baldwin Road. Take a brisk walk without having to leave the building! New walkers always welcome. Contact Stan Gabay at 973-784-4900, ext. 102

Fridays, 10:00am - 11:00am ~ T'ai Chi Chuan: Yang Style - 24 postures. FREE! Reduce tension, improve your balance, flexibility and posture. Teaches you concentration & complete relaxation. Volunteer Instructor: Richard Hsu.