



Senior Community Center

Located Inside the Church of the Messiah (Parish Hall) - 50 Route 513, Chester, NJ

September 2017



Start Exercising Today!

All activities are open to seniors 55 & up
\$2 per class - Piano \$4 - QiGong \$5

For more information please call the SRC at **908-879-2202** or visit our web site at **www.SRCNJ.org**
The Senior Resource Center is a non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

CLASS DESCRIPTIONS:

Chair Yoga: Yoga done in a chair with some standing postures. Appropriate for Seniors and people with physical limitations. Led by Instructor **Lisa Franey**.

Barre/Pilates: This class, led by Instructor **Lisa Franey**, opens with a series of low impact cardio movements then moves to exercises focused on isometric strength training combined with high reps of small range-of-motion movements that focus on toning arms and legs. The class also includes core work and stretching.

Tai Chi for Living Basics: A beginner level balance and flexibility program that helps rebuild and maintain your motion. Led by Instructor **Stan Cohen**, this program is developed specifically for seniors and includes simple, low impact exercises that build muscle strength, muscle tone, endurance, flexibility and balance without the pounding and muscle strain of high impact exercise programs.

Chair Pilates/Gentle Yoga: Learn pilates based moves led by instructor **Lisa Franey** to build core, abdominal and spinal muscle strength, improve posture, muscle control and coordination. Gentle yoga poses will increase flexibility, balance, and relaxation and develop a greater awareness of our bodies and how they work.

Dance Yourself Fit: Instructor **David Cross** leads fun, energetic line dances that help increase flexibility, stamina, balance & fitness. We will be dancing to a variety of music including Popular & country It is a great, low-impact way to exercise & feel better!

Stretching Band & Resistance Class: A great class to improve flexibility, balance, stamina, muscle strength, posture & body mechanics led by Instructor **David Cross**.

QiGong: Learn how to take control and responsibility for your body, mind and spirit. As certified Qigong therapist, **Renee Dorn**, helps you understand and alleviate energetic blockages that, if not addressed, can manifest disease in the body, discomfort in the spirit and distress to the mind.

Piano Lessons: Come exercise both mind and body! Improve hand-eye coordination, concentration, memory development, self esteem, and lower your stress level by joining **Jen Tillson** as she teaches you to read and play music. All piano skills and levels welcome!

QIGONG EVERY MONDAY AT 11am			
TUESDAYS			
September 5	September 12	September 19	September 26
1 pm: Chair Yoga	1 pm: Chair Yoga	1 pm: Chair Yoga	1 pm: Chair Yoga
2 pm: Barre/ Pilates	2 pm: Barre/ Pilates	2 pm: Barre/ Pilates	2 pm: Barre/ Pilates
3 pm: Tue PIANO LESSONS	3 pm: Tue PIANO LESSONS	3 pm: Tue PIANO LESSONS	3 pm: Tue PIANO LESSONS
3 pm: Tai Chi for Living Basics	3 pm: Tai Chi for Living Basics	3 pm: Tai Chi for Living Basics	3 pm: Tai Chi for Living Basics
Thursdays			
September 7	September 14	September 21	September 28
1 pm: Chair Pilates/ Gentle Yoga	1 pm: Chair Pilates/ Gentle Yoga	1 pm: Chair Pilates/ Gentle Yoga	1 pm: Chair Pilates/ Gentle Yoga
2 pm: Dance Yourself Fit	2 pm: Dance Yourself Fit	2 pm: Dance Yourself Fit	2 pm: Dance Yourself Fit
3 pm: Stretching Band Class	3 pm: Stretching Band Class	3 pm: Stretching Band Class	3 pm: Stretching Band Class