

# DECEMBER



**Start Exercising Today!**

All activities are open to seniors 55 & up

\$2 per class - Piano \$4

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 Core 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 and feel better!

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

**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:** Join **Renee Dorn** for an ancient form of moving meditation, a low impact, mind-body exercise, suitable for people of all fitness levels. Benefits include: Mind-body centering, stress reduction, increase core strength, balance, flexibility, and vitality.

**MONDAYS**

December 3	December 10	December 17	December 24/31
9:30 am: Piano Lessons	9:30 am: Piano Lessons	9:30 am: Piano Lessons	<i>Hope</i>
11 am: Qigong	11 am: Qigong	11 am: Qigong	<i>you have a</i>

**TUESDAYS**

December 4	December 11	December 18	December 25
1 pm: Chair Yoga	1 pm: Chair Yoga	1 pm: Chair Yoga	<i>Healthy</i>
2 pm: Barre/ Pilates	2 pm: Barre/ Pilates	2 pm: Barre/ Pilates	<i>Holiday</i>
3 pm: Piano Lessons	3 pm: Piano Lessons	3 pm: Piano Lessons	<i>Season</i>
3 pm: Tai Chi for Living Basics	3 pm: Tai Chi for Living Basics	3 pm: Tai Chi for Living Basics	<i>and a</i>

**Thursdays**

December 6	December 13	December 20	December 27
1 pm: Chair Pilates/ Gentle Yoga	1 pm: Chair Pilates/ Gentle Yoga	1 pm: Chair Pilates/ Gentle Yoga	<i>very</i>
2 pm: Dance Yourself Fit	2 pm: Dance Yourself Fit	2 pm: Dance Yourself Fit	<i>Happy</i>
3 pm: Stretching Band Class	3 pm: Stretching Band Class	3 pm: Stretching Band Class	<i>New Year</i>