



**Start Exercising Today!**

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

50 Route 24 (located inside the Church of the Messiah) Chester, NJ  
For more information please contact us by calling **908-879-2202**  
email us at [info@SRCNJ.org](mailto:info@SRCNJ.org) or visit our web site at  
[www.SRCNJ.org](http://www.SRCNJ.org)

*The Senior Resource Center is a non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.*

**WEEKLY CLASS DESCRIPTIONS:**

**Project Healthy Bones®** is an evidence-based, peer led exercise program for people with or at risk for osteoporosis. The sessions include exercises to improve strength, balance and flexibility, and education on lifestyle related to osteoporosis.

**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.

**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/Qigong Mix Fitness:** Qigong is a mind – body wellness movement modality, 5000 years old, predating Tai Chi. In class we practice a few of the oldest Qigong forms along with skill work on body movement, breathing and integration of skills into movement. Classes are geared to learn, relax, and enjoy each other’s company as part of the practice of the arts of Qigong and Tai Chi. Led by Instructor **Stan Cohen**.

**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.

**Line Dance:** 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:** A great class to improve flexibility, balance, stamina, muscle strength, posture & body mechanics led by Instructor **David Cross**.

**Walking Club:** Join the walking club as they walk for an hour on a different local trail every week (weather permitting)

| MONDAYS                   |                           |                           |                           |
|---------------------------|---------------------------|---------------------------|---------------------------|
| March 2                   | March 9                   | March 16                  | March 23/30               |
| 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones |
| 9:30 am:<br>Piano Lessons | 9:30 am:<br>Piano Lessons | 9:30 am:<br>Piano Lessons | 9:30 am:<br>Piano Lessons |
| 11 am:<br>Qigong          | 11 am:<br>Qigong          | 11 am:<br>Qigong          | 11 am:<br>Qigong          |
| TUESDAYS                  |                           |                           |                           |
| March 3                   | March 10                  | March 17                  | March 24/31               |
| 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones | 9:30 am:<br>Healthy Bones |
| 1 pm:<br>Chair Yoga       | 1 pm:<br>Chair Yoga       | 1 pm:<br>Chair Yoga       | 1 pm:<br>Chair Yoga       |
| 2 pm:<br>Barre/ Pilates   | 2 pm:<br>Barre/ Pilates   | 2 pm:<br>Barre/ Pilates   | 2 pm:<br>Barre/ Pilates   |
| 3 pm:<br>Piano Lessons    | 3 pm:<br>Piano Lessons    | 3 pm:<br>Piano Lessons    | 3 pm:<br>Piano Lessons    |
| 3 pm:<br>Tai Chi          | 3 pm:<br>Tai Chi          | 3 pm:<br>Tai Chi          | 3 pm:<br>Tai Chi          |
| THURSDAY                  |                           |                           |                           |
| March 5                   | March 12                  | March 19                  | March 26                  |
| 1 pm:<br>Chair Core Yoga  | 1 pm:<br>Chair Core Yoga  | 1 pm:<br>Chair Core Yoga  | 1 pm:<br>Chair Core Yoga  |
| 2 pm:<br>Line Dance       | 2 pm:<br>Line Dance       | 2 pm:<br>Line Dance       | 2 pm:<br>Line Dance       |
| 3 pm:<br>Stretching Band  | 3 pm:<br>Stretching Band  | 3 pm:<br>Stretching Band  | 3 pm:<br>Stretching Band  |
| FRIDAY                    |                           |                           |                           |
| March 6                   | March 13                  | March 20                  | March 27                  |
| 10 am:<br>Walking Club    | 10 am:<br>Walking Club    | 10 am:<br>Walking Club    | 10 am:<br>Walking Club    |