

PARSIPPANY COMMUNITY CENTER EXERCISE CLASSES for OLDER ADULTS

September 2011

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, Instructors: Susanne Doerig or Rebecca Mancil.

Mondays, 10:30am - 11:30am:

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 or Rebecca Mancil.

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

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

Tuesdays & Thursdays, 11am - 12pm:

Sit And Be Fit: Sponsored by GlaxoSmithKline. FREE to all ParsIPPany Senior Citizen Residents. A fun class with great music, exercises will increase your heart rate, strength and well being, all exercises done in chairs. Running Sept. 7th thru Dec. 16th in the Recital Hall, lower level. Taught by Rebecca Mancil and Susanne Doerig.

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.

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 or Sabina Skinner.

Thursdays, 1:30pm-2:30pm:

Ballroom Dancing: Bing and Lucy love to share their knowledge of ballroom dancing. They have been taking private lessons for 10years. Come Join them for an hour of fun and exercise. Dance partners are encouraged. Wear shoes that glide easily, not sneakers. FREE

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

Tai Chi Chuan: FREE. Improve your balance, flexibility and posture. Teaches you concentration & complete relaxation. Volunteer Instructor Richard Wang.

Sun	Mon	Tue	Wed	Thu	Fri
			1 9:15am - Sr. Fitness	2 9:15am - Yoga 1:30pm - 2:30pm - Ballroom Dancing	3 10am - Tai Chi Chuan
5	6 CENTER CLOSED	7 10:30am - Falun Gong 11am - Sit And Be Fit	8 9:15am - Sr. Fitness	9 9:15am - Yoga 11am - Sit And Be Fit 1:30pm - Ballroom Dancing	10 10am - Tai Chi Chuan
12	13 9:15am - Sr. Fitness 10:30am - St. & St. 1:30pm - Line Dancing	14 10:30am - Falun Gong 11am - Sit And Be Fit	15 9:15am - Sr. Fitness	16 9:15am - Yoga 11am - Sit And Be Fit	17 10am - Tai Chi Chuan
19	20 9:15am - Sr. Fitness 10:30am - St. & St. 1:30pm - Line Dancing	21 10:30am - Falun Gong 11am - Sit And Be Fit	22 9:15am - Sr. Fitness	23 9:15am - Yoga 11am - Sit And Be Fit 1:30pm - Ballroom Dancing	24 10am - Tai Chi Chuan
26	27 9:15am - Sr. Fitness 10:30am - St. & St. 1:30pm - Line Dancing	28 10:30am - Falun Gong 11am - Sit And Be Fit	29 9:15am - Sr. Fitness	30 9:15am - Yoga 11am - Sit And Be Fit 1:30pm - Ballroom Dancing	