

FITNESS

BoneBuilders

Days: Monday & Thursday
Time: 10:00 AM & 11:00 AM
Instructor: Peter DeMasi

A mainly seated light aerobic workout using light hand weights, with a focus on building core muscles and preventing osteoporosis.

Forever Fit

Days: Tuesday & Wednesday
Time: 11:30 AM & 9:00 AM
Instructor: Sue Sgambato

This beginner/intermediate class combines seated stretching, flexibility and range of motion exercises, strength training, standing dance fitness and balance exercises.

Mat Yoga

Days: Monday & Friday
Time: 11:00 AM & 10:00 AM
Instructor: Amy McPhee

The benefits of yoga are greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with an easy flow of moving with awareness and breath to quiet the mind and then ending with a guided meditation. Modifications are demonstrated.

Tai Chi

Day: Tuesday
Time: 9:00 AM
Instructor: Bob McManus

This class has been described as "moving meditation". It is a gentle, easy form of exercise. Research studies attest to the benefits of Tai Chi including improved cardiovascular fitness, posture, muscular strength, balance, flexibility, boost cognitive function and reduce stress.

Arthritis Exercise

Day: Tuesday | Time: 1:00 PM
Instructor: Maria Kishfy
Day: Wednesday | Time: 10:00 AM
Instructor: Sue Sgambato

This class focuses on maintaining range of motion and flexibility. Increasing muscle strength and cardiovascular endurance to benefit our heart and lungs. Class is mainly seated with some standing exercises.

SilverSneakers

Day: Tuesday
Time: 2:00 PM
Instructor: Maria Kishfy

Upper-body strength working with hand weights, resistance bands and a ball is alternated with low-impact aerobic choreography. Benefits include increased cardiovascular and muscular endurance.

Zumba

Day: Monday | Time: 1:00 PM
Instructor: Fran Golombiewski
Day: Thursday | Time: 10:00 AM
Instructor: Sue Sgambato

Zumba is a Latin-inspired dance fitness class that is low-impact and easy to learn. Using lightweight maraca-like toning sticks, we increase our cardio-respiratory. A total workout combining cardio, muscle conditioning, balance and flexibility.

Sit Fit & Strong

Day: Wednesday
Time: 1:00 PM
Instructor: Fran Golombiewski

A seated, whole body workout. We stretch, tone and work on upper body strength using optional hand weights. Dance movements are also incorporated.

Line Dancing

Day: Monday
Time: 2:00 PM
Instructor: Fran Golombiewski

Enjoy a fabulous mind-body workout while dancing your way to better health! You'll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance to help prevent falls and release stress so you feel great!

Meditation

Day: Wednesday
Time: 11:00 AM
Instructor: Mary Scannell

Learn techniques intended to encourage a heightened state of awareness and focused attention. The benefits of meditation include improved memory, lowered blood pressure, a calmer attitude, stress relief and improved coordination.



Beginners Line Dancing

Day: Thursday
Time: 12:30 PM
Instructor: Fran Golombieski

If you are new to line dancing, need a refresher or just love to dance, this class is for you! Learn line dancing with step-by-step, easy to follow direction. You'll be dancing your way to better health!