



# Senior Community Center

Located at: Inside the Church of the Messiah (Parish Hall) - 50 Route 24, Chester, NJ

**OPEN EVERY TUESDAY and THURSDAY**

**JANUARY 2012\*** revised 1/12/12

## Start Exercising Today!

Feel Better - Reduce Stress - Increase Flexibility  
 Increase Endurance - Improve Body Mechanics & Posture

Gain Strength - Renew Energy

All activities are **FREE** to seniors 55 & up.

~ Donations accepted to offset instructor fees and cost of supplies ~

For more information please call the SRC at **908-879-2202**

or visit our web site at [www.SeniorResourceCenter.org](http://www.SeniorResourceCenter.org)

### CLASS DESCRIPTIONS:

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

**NIA Dance:** NIA (non-impact aerobic) addresses the whole body through music & movement. It is ageless, limitless, and transformational and is designed for ANY BODY. Led by Instructor **Debbie Morris**

**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 and fitness. We will be dancing to a variety of music including Popular and 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**.

## TUESDAYS

| January 3 <sup>rd</sup>                      | January 10 <sup>th</sup>                     | January 17 <sup>th</sup>                     | January 24 <sup>th</sup> & 31 <sup>st</sup>  |
|----------------------------------------------|----------------------------------------------|----------------------------------------------|----------------------------------------------|
| 1pm:<br><b>Gentle<br/>Yoga</b>               | 1pm:<br><b>Gentle<br/>Yoga</b>               | 1pm:<br><b>Gentle<br/>Yoga</b>               | 1pm:<br><b>Gentle<br/>Yoga</b>               |
| 1:45pm:<br><b>NIA<br/>Dance</b>              | 1:45pm:<br><b>NIA<br/>Dance</b>              | 1:45pm:<br><b>NIA<br/>Dance</b>              | 1:45pm:<br><b>NIA<br/>Dance</b>              |
| 3pm:<br><b>Tai Chi for<br/>Living Basics</b> | 3pm:<br><b>Tai Chi for<br/>Living Basics</b> | 3pm:<br><b>Tai Chi for<br/>Living Basics</b> | 3pm:<br><b>Tai Chi for<br/>Living Basics</b> |

## THURSDAYS

| January 5 <sup>th</sup>                       | January 12 <sup>th</sup>                      | January 19 <sup>th</sup>                      | January 26 <sup>th</sup>                      |
|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| 1pm:<br><b>Chair Pilates/<br/>Gentle Yoga</b> | 1pm:<br><b>Chair Pilates/<br/>Gentle Yoga</b> | 1pm:<br><b>Chair Pilates/<br/>Gentle Yoga</b> | 1pm:<br><b>Chair Pilates/<br/>Gentle Yoga</b> |
| 2pm:<br><b>Dance<br/>Yourself Fit</b>         | 2pm:<br><b>Dance<br/>Yourself Fit</b>         | 2pm:<br><b>Dance<br/>Yourself Fit</b>         | 2pm:<br><b>Dance<br/>Yourself Fit</b>         |
| 3pm:<br><b>Stretching<br/>Band Class</b>      | 3pm:<br><b>Stretching<br/>Band Class</b>      | 3pm:<br><b>Stretching<br/>Band Class</b>      | 3pm:<br><b>Stretching<br/>Band Class</b>      |

*Stay Fit, Healthy and Happy  
 with Dance and Exercise at SRC!*

\*SCHEDULE SUBJECT TO CHANGE