



EAST WINDSOR TOWNSHIP SENIOR EXERCISE CLASSES

You must be a member of the senior center to participate

Spring 2019

April 22 – July 12, 2019

**The center is closed Monday, May 27 and Thursday, July 4*

When the senior center is closed due to holidays or inclement weather, classes **will not** be made up.

Make-up week is July 15- July 19. **Only if any make-ups are needed.*

Registration Start Date: Monday, April 1

Registration End Date: Friday, April 5 at 2:00 pm

Class enrollment does not close after a session begins. You can sign up at any time (unless the class is full).
Classes are not pro-rated.

Payment

Payments for **lottery** classes are made after the lottery for each class is drawn. You will be notified and you will have plenty of time to pay for your class before the session begins.

Payments for **non-lottery** classes are due at the time of registration.

Please make checks payable to EWT.

Please call us with any questions or concerns: 609-371-7192

Class Information

- 1. EXERCISE CLASS:** An enjoyable one-hour long class that opens with limbering exercise, and moves on to low impact aerobics and strength training using hand held weights or resistance bands and small balls, and finishes with stretching and balance. Instructors: Lisa Murphy (Mon/Thurs) and Mark Souders (Tues/Wed).
Mondays 10:30 AM and Wednesdays 9:30 AM [OR] Tuesdays and Thursdays 9:30 AM
Class meets twice weekly • Cost \$30.00
- 2. FUN FRIDAY WORKOUT:** Get a little sweat on and have fun while you workout. The workout can be performed at a pace you are comfortable with. Exercise helps your heart get stronger and brings you a litany of other health benefits. This class is designed to improve muscle tone, cardio endurance, flexibility, and coordination while having fun in a social environment with other active adults. Instructor: Lisa Murphy
Meets Fridays 9:30 AM – 10:15AM • Cost \$15.00
- 3. CHAIR EXERCISE CLASS:** Our chair exercise classes are fun and refreshing. Reduce stress and anxiety while improving strength, balance, and flexibility. Feel the difference exercise can make in your life! Get a great workout whether you need to sit or not. This half hour class is designed for people with balance or joint problems that cannot perform an entire hour standing and exercising. Instructors: Lisa Murphy (Thurs) and Mark Souders (Tues).
Meets Tuesdays and Thursdays from 10:35 AM - 11:05 AM
Class meets twice weekly • Cost \$20.00
- 4. ZUMBA GOLD CLASS:** Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion, and coordination. This is an easy-to-follow program with simple low-impact moves and pacing for active older adults. Let the Latin rhythms and easy-to-follow dance moves turn fitness into a party. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Instructor: Marcia Kashman
Meets: Wednesdays from 1:00 PM – 2:00 PM • Cost \$15.00
- 5. TAI CHI CLASS:** T'ai Chi is a set of movements completely focused on the development of an intrinsic energy known as "Chi" in Chinese. Nothing is more important than knowing how to circulate and balance the intrinsic energy, the vital force of the body. T'ai Chi is easy to learn, requires very little space, and no special skills, equipment or clothing. It's a moving meditation recommended for peak performance, health, stress release, regulation of weight and blood pressure, concentration, creativity, longevity, wisdom, serenity, and enlightenment. It improves balance, flexibility, stamina, immune system, cardiovascular function, and increases physical energy. It decreases insomnia, the symptoms of depression, and other health challenges. It does not require a particular level of physical fitness or coordination. It brings about profound healing by circulating and balancing the essential energy; healing may be physical, emotional and/or spiritual. Instructor: June Counterman
Meets: Beginner Class Tuesdays from 11:05 AM – 12:05 PM • Cost \$15.00
[OR] Advanced Class Thursdays from 11:05 AM – 12:05 PM • Cost \$15.00
- 6. CORE TUESDAY/THURSDAY:** While improving your balance and body strength, this class will focus on your abs, back, and glutes (your core muscles). Includes sitting and standing and is for all levels. Instructor: Anna D'Anna
Meets: Tuesdays at 2:00 PM and Thursdays at 1:00 PM • Class meets twice weekly • \$30.00
- 7. CORE TUESDAY/FRIDAY:** While improving your balance and body strength, this class will focus on your abs, back, and glutes (your core muscles). Includes sitting and standing and is for all levels. Instructor: Anna D'Anna
Meets: Tuesday at 2:45 PM and Fridays at 11:20 AM • Class meets twice weekly • Cost \$30.00
- 8. LINE DANCE CLASS:** Learn to dance to a variety of music styles: standard & contemporary country western, nostalgic big band, and current Latin favorites. Line dancing is a great way to improve memory, balance and helps keep your heart strong. Each class begins with a review so beginners are always welcome. Instructors: Judith Goetzmann and Nora Stoner.
Meets: Wednesdays at 2:00 PM • Cost \$15.00
- 9. BALLROOM DANCING CLASS:** It is preferable to sign up with a partner for instructing purposes. If you do not have a partner, please see the front desk. Learn some of the most popular ballroom dances that are danced in the American style: fox trot, waltz, swing, and the Latin dances including salsa, cha-cha, and rumba. Instructor: Candace Clough
Meets: Wednesdays at 3:00 PM • Cost \$10.00
- 10. STABILITY BALL:** This workout is comprised of cardio, core, stability, balance and resistance training using a large "Swiss" ball. Participants will stand holding the ball, sit on the ball, and move the ball. It's extremely effective at targeting and strengthening your core and other muscles to obtain balance and stability. Instructor: Mark Souders
Meets: Thursday from 3:00 PM – 3:50 PM • Cost \$15.00

11. **YOGA CLASS:** The benefits of yoga are numerous. Yoga poses gently elongate muscles, relieving stiffness, taking pressure off of joints and increasing range of motion. Yoga is often recommended by doctors to help alleviate symptoms of arthritis and to strengthen bones that become weak with the aging process. It can also assist you in balance, which becomes more difficult as we get older. Poses can be done safely using props such as being seated in a chair or using a wall for support in standing balance poses. Finish with relaxation and breathe control.

Instructors: Helen Tanzini (Mon) and Faye Nulman (Tues/Thurs/Fri)

Yoga AM - Meets: Mondays at 9:15 AM and Fridays at 10:20 AM • Class meets twice weekly • Cost \$30.00

OR

Yoga PM - Meets: Tuesdays at 1:00 PM and Thursdays at 2:00 PM • Class meets twice weekly • Cost \$30.00

12. **MEDITATION:** Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth. Emotional stress is one of the most significant causes of all chronic health problems. It is very important to keep our emotional health balanced as our body pays a heavy price for every moment that we feel during this imbalanced physiological state. Instructor: Faye Nulman

Meets: Wednesday from 10:30 AM – 11:30 AM • Cost \$15.00

13. **GENTLE STRETCH:** A half hour of gentle stretches to warm up your muscles, wake up your mind for the day, and uplift your mood! Learn how to do a simple stretching routine so you can do it at home. Stretches can be done in the chair or on a mat. Instructors: Lisa Murphy (Thurs) and Mark Souders (Tues).

Meets: Tuesday and Thursday from 9:00 AM – 9:30 AM • Class meets twice weekly • Cost \$20.00

14. **STABILITY BALL:** This workout is comprised of cardio, core, stability, balance and resistance training using a large "Swiss" ball. Participants will stand holding the ball, sit on the ball, and move the ball. Extremely effective at targeting and strengthening your core and other muscles to obtain balance and stability. Instructor: Mark Souders

Meets: Thursday from 3:00 PM – 3:50 PM • Cost \$15.00

15. **DRUMS ALIVE:** A one-hour class which incorporates the use of a large fitness ball and drum sticks. As in any other group fitness class, an instructor offers direction, telling people when to pound on their exercise balls, when to click their sticks and when to drum on a neighbor's ball as up-tempo music -- much of which can be traced to specific cultures — is played. The movements engage the core and upper body. The class also improves motor skills, agility and memory.

Instructor: Mark Souders

Meets: Wednesday from 10:35 AM – 11:25 AM • Cost \$15.00



16. **RISE N' SHINE:** Start your morning off right with a variety of senior friendly exercises designed to increase muscular strength and range of movement. Participants may choose to use hand held weights or resistance bands. The class will finish with a cool down of stretching and balance. As with all of our classes, please work at your own pace.

Instructors: Lisa Murphy (Mon) and Mark Souders (Wed)

Meets: Mondays and Wednesdays from 8:15 AM – 9:00 AM • Class meets twice weekly • Cost \$30.00



17. **CHAIR YOGA:** Chair Yoga consists of poses using a sturdy chair and is aimed for those who might not be ready for standing and balance poses or to those new to yoga. Poses can be practiced totally seated or a combination of seated and standing poses using the chair for support. It starts with a breathing exercise, warm-up, 6-7 poses, relaxation and sometimes meditation. Instructor: Edmund Parma

Meets: Tuesdays from 8:15 AM – 8:55 AM • Cost \$15.00



18. **YOGA SCULPT:** Yoga sculpt incorporates light handweights or dumbbells while practicing yoga poses. Some poses can be done seated, lying down (if you choose), or standing. The concept of using the weights with the poses is to increase resistance in the muscles, resulting in more toned physique, increased cardio work and more calorie burn. Typically, it incorporates breathing exercises, a warm up, 8-10 poses with 8-10 reps of movement with the dumbbells and relaxation/meditation to finish. Instructor: Edmund Parma

Meets: Thursdays from 8:15 AM – 8:55 AM • Cost \$15.00



SPRING SESSION: April 22 – July 12, 2019
Sign-up begins Monday, April 1

Name: _____ Home Phone: _____

THIS SHEET IS NON-LOTTERY CLASSES
Payment due at time of registration

- Ballroom Dance (1x = Wed) \$ _____ (\$10)
- Chair Exercise (2x = Tues & Thurs) \$ _____ (\$20)
- Gentle Stretch (2x Tues & Thurs) \$ _____ (\$20)
- Line Dancing (1x = Wed) \$ _____ (\$15)
- Meditation (1x = Wed) \$ _____ (\$15)
- Stability Ball (1x = Thurs) \$ _____ (\$15)
- Tai-Chi Beginner (1x = Tues) \$ _____ (\$15)
- Tai-Chi Advanced (1x = Thurs) \$ _____ (\$15)
- Yoga PM (2x = Tues & Thurs) \$ _____ (\$30)
- Zumba (1x = Wed) \$ _____ (\$15)

<p>Office Use Only Date: _____ Entered by: _____ _____ <input type="checkbox"/> Check # _____ <input type="checkbox"/> Cash \$ _____</p>

TOTAL \$ _____

If paying by check, make check payable to EWT



SPRING SESSION: April 22 – July 12, 2019
Sign-up begins Monday, April 1 through Friday, April 5
(Lottery numbers will be drawn at 2:00 pm on Friday, April 5)

Name: _____ Home Phone: _____

THIS SHEET IS LOTTERY CLASSES
Payment is due *after* you are notified

-  Rise N' Shine (2x = Mon & Wed) Lottery (\$30)
-  Chair Yoga (1x = Tues) Lottery (\$15)
-  Yoga Sculpt 1x = Thurs) Lottery (\$15)
- Core (2x = Tues & Thurs) Lottery (\$30)
- Core (2x = Tues & Fri) Lottery (\$30)
- Drums Alive (1x = Wed) Lottery (\$15)
- Exercise (2x = Mon & Wed) Lottery (\$30)
- Exercise (2x = Tues & Thurs) Lottery (\$30)
- Fun Friday Workout (1x = Friday) Lottery (\$15)
- Yoga AM (2x = Mon & Fri) Lottery (\$30)

***Please choose only one “core” class, one “exercise” class, and one “yoga” class: AM or PM (PM is a non-lottery class)**

BE MINDFUL OF THOSE AROUND YOU...

THERE ARE MEMBERS OF OUR CENTER WHO HAVE AN ALLERGY TO FRAGRANCES. PLEASE REFRAIN FROM THE USE OF FRAGRANCES WHILE IN OUR SENIOR CENTER.



PLEASE BE RESPECTFUL OF THOSE WITH CANES, WALKERS, AND OTHER WALKING DEVICES.

