



**WINTER SESSION: January 22 – April 12, 2019**

**Sign-up begins Monday, December 31**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**THIS SHEET IS NON-LOTTERY CLASSES**

Payment due at time of registration

- |   |          |        |
|---|----------|--------|
| <input type="checkbox"/> Ballroom Dance (1x = Wed)        | \$ _____ | (\$10) |
| <input type="checkbox"/> Chair (2x = Tues & Thurs)        | \$ _____ | (\$20) |
| <input type="checkbox"/> Gentle Stretch (2x Tues & Thurs) | \$ _____ | (\$20) |
| <input type="checkbox"/> Line Dancing (1x = Wed)          | \$ _____ | (\$15) |
| <input type="checkbox"/> Meditation (1x = Wed)            | \$ _____ | (\$15) |
| <input type="checkbox"/> Stability Ball (1x = Thurs)      | \$ _____ | (\$15) |
| <input type="checkbox"/> Tai-Chi Beginner (1x = Tues)     | \$ _____ | (\$15) |
| <input type="checkbox"/> Tai-Chi Advanced (1x = Thurs)    | \$ _____ | (\$15) |
| <input type="checkbox"/> Yoga PM (2x = Tues & Thurs)      | \$ _____ | (\$30) |
| <input type="checkbox"/> Zumba (1x = Wed)                 | \$ _____ | (\$15) |

**Office Use Only**

Date: \_\_\_\_\_

Entered by: \_\_\_\_\_

Check # \_\_\_\_\_

Cash \$ \_\_\_\_\_

**TOTAL \$ \_\_\_\_\_**

**If paying by check, make check payable to EWT**



**WINTER SESSION: January 22 – April 12, 2019**

**Sign-up begins Monday, December 31 through Friday, January 4**

**(Lottery numbers will be drawn by the end of the day on Friday, January 4.)**

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

**THIS SHEET IS LOTTERY CLASSES**

Payment is due after you are notified

- |   |         |        |
|---|---------|--------|
| <input type="checkbox"/> Core (2x = Tues & Thurs)         | Lottery | (\$30) |
| <input type="checkbox"/> Core (2x = Tues & Fri)           | Lottery | (\$30) |
| <input type="checkbox"/> Drums Alive (1x = Wed)           | Lottery | (\$15) |
| <input type="checkbox"/> Exercise (2x = Mon & Wed)        | Lottery | (\$30) |
| <input type="checkbox"/> Exercise (2x = Tues & Thurs)     | Lottery | (\$30) |
| <input type="checkbox"/> Fun Friday Workout (1x = Friday) | Lottery | (\$15) |
| <input type="checkbox"/> Yoga AM (2x = Mon & Fri)         | Lottery | (\$30) |



# **EAST WINDSOR TOWNSHIP SENIOR EXERCISE CLASSES**

You must be a member of the senior center to participate

## **Winter 2019 January 22 – April 12, 2019**

The center is closed Monday, February 18

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

**Registration Start Date: Monday, December 31**

**Registration End Date: Friday, January 4**

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

### **Payment**

Payment 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.

Payment for **non-lottery** is 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

- 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*
- 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*
- 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 who 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*
- 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*
- 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*  
*Advanced Class Thursdays from 11:05 AM – 12:05 PM • Cost \$15.00*
- CORE Tuesday/Thursday:** While improving your balance and body strength, this class will focus on your abs, back, and glutes (your core muscles). Class 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*
- CORE Tuesday/Friday:** While improving your balance and body strength, this class will focus on your abs, back, and glutes (your core muscles). Class 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:** 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. **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*
11. **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*
12. **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 • Cost \$20.00*
13. **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*
14. **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*
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**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.**

