

# East Windsor Senior Center

## Exercise Classes

| <b>Monday</b>               | <b>Tuesday</b>               | <b>Wednesday</b>             | <b>Thursday</b>           | <b>Friday</b>                 |
|-----------------------------|------------------------------|------------------------------|---------------------------|-------------------------------|
| 8:30 Cardio With Helen      | 8:30 Chair/Stretch With Mark | 8:30 Balance With Mark       | 8:30 Balance With Mark    | 9:30 Chair/Stretch With Linda |
| 9:30 Line Dance With Marcia | 9:30 Pilates With Val        | 9:30 Zumba With Marcia       | 9:30 Balance With Mark    |                               |
| 11:30 Cardio With Doreen    | 11:30 Cardio With Linda      | 11:30 Balance With Mark      | 11:30 Yoga Sculpt With Ed |                               |
| 1:30 Cardio With Linda      | 1:30 Tai Chi With June       | 1:30 Cardio With Mark        | 1:30 Cardio With Doreen   |                               |
|                             | 2:45 Chair Yoga With Ed      | 2:45 Chair/Stretch With Mark | 2:45 Meditation With Ed   |                               |

- Classes begin July 10, 2023
- \$1.00 (exact cash) per class paid in Exercise Room
- No pre-registration required
- Must sign-in for “each class” using your tag at front desk