50+ WELLNESS PROGRAM

COM 09 - Yoga and Pilates $80
Fri / April 23 - June 18 / 10:00am–11:00am
In this course you will gain flexibility & strength, improve posture & balance and practice mindfulness with this mix of Hatha/Vinyasa Yoga combined with Pilates exercises. Please have a yoga mat. Yoga strap and blocks are optional. No class 5/28.

COM 17 - WALK AND TONE $80
Tues / April 20 – June 15 / 11:30am – 12:30pm
Join us for a fun walk outdoors in a centralized location. The 2nd part of the workout will be using light weights and resistance bands to tone your muscles. Centralized location will be announced. Bring 2 or 3lb. hand weights and sneakers to each class.

COM 22 - An Introduction to Tai Chi Ch'uan $80
Thurs / April 29 - June 17 / 11:00am-12:00pm
This eight-week workshop series of classes will introduce participants to the peace enhancing movements of Tai Chi as well as its background in Taoist philosophy and health promoting benefits. Introductory Tai Ch Ch'uan form will be taught as part of this course. No prior knowledge or experience is necessary. Participants should wear loose fitting clothes and comfortable shoes or sneakers.

COM 42 - Arthritis Workout $80
Mon / April 19 - June 14 / 10am-11am
Gentle and full body exercises in and out of the chair for your joints and muscles to increase their range of motion and decrease pain. Wear comfortable clothing & supportive sneakers.
Have for use an exercise band of medium to medium-firm intensity (green and blue), 1 set of 1 lb dumbbells, 1 set of 2 to 3lbs dumbbells, and 1 set of ankle weights 2-3lbs. No class 5/31.

COM 92 - Osteoporosis Workout $90
Wed / April 21 - June 16 / 10am-11am
You'll do the best exercises for osteoporosis (thinning of the bones) to increase strength and bone density and improve balance skills.
Have for use an exercise band of medium to medium-firm intensity (green and blue), 1 set of 1 lb dumbbells, 1 set of 2 to 3lbs dumbbells, and 1 set of ankle weights 2-3lbs.

I just finished the 50+ Holistic Approach to Wellness class, and the instructor was amazing as was the experience overall. Everyone in the class agreed that’s why at the end, we all stood up and clapped!”

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REGISTRATION FEE

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COM 118 - Dance Cardio & Toning with Diane $80
Fri / April 23 - June 18 / 11:30am-12:30pm
In this online course you will work up a sweat by dancing up a storm with this fun blend of dance cardio and toning. Easy to follow choreographies are interspersed with toning exercises to get a full body workout. Please wear dance sneakers. Light hand weights 1-3 lbs. and resistance bands are optional. No class 5/28.

Wear comfortable clothes w/ flat shoes sneakers.

COM 130 Flowing Chair Pilates $90
Tues / April 20 - June 15 / 10:00am-11:00am
Safely build strength, stability, and coordination through this efficient and gentle chair pilates class. Learn and practice exercises that teach you how to activate and coordinate several muscle groups at the same time, starting with your core. Improve balance, body alignment and posture to help you maintain an active lifestyle. Wear comfortable clothing and flat shoes/sneakers.

COM 131 Candlelight Yoga-Journey to Bliss $15 per session, $40 for all 3 sessions.
Wed / April 21, May 19, June 16 / 7:30- 8:30pm
Light some candles, get comfy and get ready to spend a soothing evening with doctors Gail and Bob as they take you along a deeply relaxing journey accompanied by soothing sounds. Using restorative yoga postures and breathing practices, Qi Gong and soothing sound meditation, you will let go of tension, lower blood pressure, feel calmer and happier as you experience deep relaxation. Classes can be done either on a mat, laying down or seated in a comfy chair.

COM 132 Cleanse Into Health $40
Thurs / April 29 - May 13 / 9:30am-10:30am
Rejuvenate and cleanse your body. Learn about the do's and don’t of detoxing and the different types of cleanses and how they benefit the body while creating delicious salads, smoothies and detox soup. Bring your questions.

COM 133 Mobility, Balance and Strengthening $80
Sat / April 24 - June 19 / 10:00am-11:00am
Class is taught by a physical therapist to strengthen your core & body to improve your balance and help prevent falls. Exercise will be done in a chair and standing. Have two 3lb weights and wear sneakers and comfortable workout clothing. No class 5/28.

AGING MASTERY PROGRAM
Tues & Thurs / April 27 - May 20
3pm-4:30pm
Are you 50+years of Age?
Thinking of Retiring?
Want to learn something new?
· Advance Planning
· Best Sleep Practices
· Healthy Eating and Hydration
· Exercise and You
· Healthy Relationships
· Falls Prevention
· Community Engagement
· Medication Management
· Financial Fitness

Limited space is available.
Registration starts March 20th
Material fee $80
(Fee is waived for residents 50+ yrs of age residing in Brooklyn Council District 43 & Queens Council District 32).
Email: Susan.Lavin@Kbcc.cuny.edu
Call for more info 718 368 5079

The Aging Mastery Program® Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. Participants must attend 7 out of 10 sessions in order to graduate.