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## KINGSBOROUGH COMMUNITY COLLEGE **50+ WELLNESS PROGRAM**

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### **Wednesdays 8 weeks \$80**

Feb 1-March 22

9:45-11:15am | *COM92 Osteoporosis Workout*

Bring a set of 2lb ankle/wrist weights and wear sneakers.

### **Fridays 8 weeks \$80**

Feb 3-March 24

10-11:30am | *COM09 Yoga & Pilates*

Bring a yoga mat and yoga belts.

11:45am-1:15pm | *COM01 Dancing Fitness*

Bring 2lb hand weights & dance shoes. No street shoes.

12-1pm OR 1:15-2:15pm | *COM02 Aquasize*

Your wet workout is held in shallow water. Bring bathing suit, towel, water shoes and a lock.

### **Saturdays 8 weeks \$80**

Feb 4-March 25

10-11:30am | *COM13 Chair Pilates*

Bring 2-3 lb weights and sneakers to each class.

4-5pm | *COM45 Aquasize Walk/Jog*

Students must feel comfortable in all levels of water. Floatbelt will be provided. Bring bathing suit, towel, water shoes and a lock.

### **Sundays 8 weeks \$80**

Feb 5-March 26

9:30-11am | *COM42 Arthritis Workout*

Bring 2-3lb weights and sneakers to each class.

11:15am-12:45pm | *COM30 Dance, Tone & Slim-Down Workout*

Bring resistance bands and dance shoes to each class.

2-3pm OR 3:15-4:15pm | *COM02 Aquasize*

Your wet workout is held in shallow water. Bring bathing suit, towel, water shoes and a lock.

## **One Day Workshops**

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### **COM93 REIKI 2 \$50**

Sun March 5, 12, 19, 26 12:30-3:30pm

Prerequisite: Reiki 1. Bring bottled water and wear loose, comfortable clothing.

### **COM91 LIVING WITH LESS...THE KEY TO DOWNSIZING \$20**

Sat March 25, 12:30-3:30pm

Bring a pen and writing pad.

### **COM36 CONSCIOUS CONTENTMENT \$20**

Sat March 11, 12:30-3:30pm

Wear loose comfortable clothing.

### **COM94 GROWING YOUR GRATITUDE - HOW TO START LIVING A DEEPER MORE POSITIVE LIFE \$20**

Sat March 18, 12:30-3:30pm

Bring a pen and writing pad.

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Registration fee is waived for this program and FREE designated guest parking is available.

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Registration begins January 3, 2017, register early to avoid disappointment!

**Call 718-368-5050 for  
more information.**

**Registration fee is waived for the 50+ Wellness Program and free parking is available to all participants.**



# Aging Mastery Program<sup>®</sup>

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*National Council on Aging*

The National Council on Aging in collaboration with Kingsborough Community College presents:

**LIVE WELL-DO WELL-AGE WELL**

To register call (718) 368-5050 after March 27, 2017

A 5-week program based on the National Aging Mastery Program.

Tuesday and Thursday 10:20am-12pm

April 25-May 25, 2017

**For more information call Susan Lavin at (718) 368-5079.**