WELLNESS PROGRAM

REGISTRATION FEES ARE WAIVED AND FREE PARKING IS AVAILABLE FOR ALL 55+ WELLNESS STUDENTS.

Fridays 10 weeks  $100
April 17-June 19

9:30-11am | Computer Skills for the Workplace
We’ll focus on practical applications for software most common to the workplace.
Must have basic computer skills.

10-11:30am | Yoga & Pilates
Exercises in this course target the abs and back while also building flexibility and improving balance.
Bring a yoga mat and yoga belts.

11:15am-12:45pm | Computer Review of the Basics
We will review all the basic skills needed when using your computer.
Please bring your questions.

11:45am-1:15pm | Line Dancing
This fun dance class focuses on cardio and core conditioning.
Bring soft sole dance shoes. No street shoes allowed.

12-1pm OR 1:15-2:15pm | Aquasize
A water aerobics class geared to exercise without stress.
Bring bathing suit, towel, water shoes and a lock.

Saturdays 9 weeks  $90
April 18-June 20 | No class 5/23/15
4-5pm | Aquasize
A water aerobics class geared to exercise without stress.
Bring bathing suit, towel, water shoes and a lock.

Sundays 9 weeks  $90
April 19-June 21 | No class 5/24/15
9:30-11:00am | Ki Yoga
Yoga with Asian influence. Warm-ups for core, deep meridian stretching from head to toe, vibration meditation movement, and more.
Bring a mat.

11:15am-12:45pm | Arthritis Exercise
Gentle exercises in and out of the chair for joints, muscles and bone density. Exercise bands included for strength training and endurance.
Wear comfortable clothing and sneakers.

1-2:30pm | Dance, Tone & Slim-Down Workout
This course combines fun dance moves with toning exercises using resistance bands, all designed to slim you down.
Bring resistance bands and dance sneakers to each class.

2-3pm OR 3:15-4:15pm | Aquasize
A water aerobics class geared to exercise without stress.
Bring bathing suit, towel, water shoes and a lock.

One-Day Workshop  $30
Saturday, April 25, 12-3pm

“UNDERSTANDING AND USING THE CLOUD”
Learning about the cloud and what it has to offer. During this session attendees will learn to leverage their mobile and computing devices used everyday to create their own personal cloud of services.
Note: It’s strongly recommended that attendees bring devices they own i.e. iPad, tablets, laptops, cellular phone.

Registration fee is waived for the 55+ Wellness Program and free parking is available to all participants.

Registration begins March 23, 2015, register early to avoid disappointment!
Call 718-368-5052 for more information.