**WELLNESS PROGRAM**

**Mondays: 6 Weeks  $60**

*July 6-August 10, 2015*

**8-9am | Aquasize**

A water aerobics class geared to exercise without stress.  
Bring bathing suit, towel, water shoes and a lock.

**9:45-11:45am**

**Intro to Microsoft Excel™**

Do you have trouble keeping track of your finances, address directory and guest list? Learn how to use Excel as a tool to keep your records organized.  
Basic computer skills required.

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

Exercises in this course target the Abs and back while also building flexibility and improving balance.  
Bring yoga mat and yoga belts.

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

This fun dance class focuses on cardio and core conditioning.  
Bring 2lb hand weights and soft sole dance shoes. No street shoes allowed.

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**Wednesdays: 6 weeks  $60**

*July 8-August 12, 2015*

**8-9am | Aquasize**

A water aerobics class geared to exercise without stress.  
Bring bathing suit, towel, water shoes and a lock.

**10:00-11:30am | Meditation in Motion**

Simple stretching exercises and a brief guided meditation period will comprise the first part of the sessions, while philosophy and the practical implications behind the movements will be explored in group discussion and lecture later. The movements will be done standing or in a chair.  
No yoga mats are required. No prior knowledge or training is necessary. Wear loose fitting and comfortable clothing.

**1:30-3pm**

**The Slow Down Diet Book Group**

Participants will read and discuss The Slow Down: Eating for Pleasure, Energy and Weight Loss by Marc David. Together, we’ll learn a revolutionary, results-oriented approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being.  
The book is available at Amazon for $13.

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**One-Day Workshop  $30**

**Tuesday, July 21st, 9:30am-12:30pm**

*“iPad™ BASICS”*

Hands-on class on navigating the iPad, finding apps, downloading them, organizing them, and getting into the iPad’s settings. Also teaches how to exploit the iPad’s best features, such as Mobile Gaming, eReader, Recipe Book, GPS, Personal Assistant, and Video Camera.  
Bring your own iPad™.

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

Registration begins June 15, 2015, register early to avoid disappointment!  
Call 718-368-5052 for more information.