

Kingsborough Community College Continuing Education Summer 50+ Wellness ONLINE Program

CALL TO REGISTER 718 368 5050

Monday 7/6 -8/10/2020

\$50 per course

10-11am Yoga & Pilates COM09 Online w/ Zoom

Gain flexibility & strength, improve posture & balance, and practice mindfulness with this mix of Hatha/Vinyasa Yoga combined with Pilates exercises. Have a yoga mat. Yoga strap and blocks are optional.

11:30am-12:30pm Dance Cardio & Toning COM118 Online w/ Zoom

Work up a sweat by dancing up a storm with this fun blend of dance cardio & toning. Easy to follow choreographies are interspersed with toning exercises to get a full body workout!

Wear dance sneakers and have hand weights (1-3 lbs) and a resistance band are optional.

Tuesday 7/7- 8/11/2020

\$50 per course

10am-11am Osteoporosis Workout COM92 Online w/WEBEX

You'll do the best exercises for osteoporosis (thinning of the bones) to increase strength and bone density and improve balance skills. Have a set of 2 lb. ankle/wrist weights and wear sneakers.

11:30am-12:30pm Chair Pilates COM13 Online w/WEBEX

This course combines the stretching and toning benefits of standing and chair Pilates as well as the fat burning benefits of low impact aerobics all set to great music. Have a set of 2 to 3lb hand weights and wear sneakers to each class.

Wednesday 7/8 - 8/12/2020

\$50 per course

10- 11am Fun Hula Dance -COM115 Online w/Zoom

Let's have fun wiggling away the waist area with fun Hula Dance steps.and then make our bones and muscles stronger using resistant bands and light weights. Have 2 to 3lb weights and resistant bands wear sneakers and don't forget that water bottle.

3-4pm Zumba Gold COM76 Online w/WEBEX

This is a low impact aerobic, Latin dance inspired workout. Have a set 2 to 3 lb hand weights and wear sneakers.

Wednesday 4 Week Workshop 7/8, 15, 22, 29 Cost \$40

11:30am -12:30pm Deepening Chair yoga w/ Reiki COM106 Online w/Zoom

Increase and deepen the healing benefits of Chair Yoga (seated and standing postures; breathing practices and meditation/relaxation) with REIKI (Universal Energy).Develop your own personal practice of Chair Yoga; Learn how to give yourself healing REIKI to open Energy channels as you practice seated and standing postures. Wear comfortable clothing and flat shoes/ sneakers.

Thursday 7/9 - 8/13/2020

\$50 per course

10- 11am Arthritis Workout COM42 Online w/ WEBEX

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. Have a set of 2 to 3 lb hand weights and wear.

11:30am - 12:30pm Disco Workout COM61 Online w/WEBEX

Have fun burning lots of calories and firming up your muscles with a low impact aerobic and resistance toning workout to the greatest disco hits you love. Wear sneakers and have resistance tubes to use for class (optional).