

A photograph of three smiling senior citizens in a gym setting. A man in a maroon shirt and a woman in a red shirt are in the foreground, both holding blue hexagonal dumbbells and performing a bicep curl. Another woman in a yellow shirt is visible in the background, also smiling.

## FREE EXERCISE PROGRAMS FOR SENIORS

### FULL BODY WORKOUT

Class offers a total body workout regardless of fitness level  
Mondays, 10:30-11:15 am

### LET'S KEEP MOVING

Increase flexibility and strength, engage your mind and body simultaneously, and ward off diseases such as Parkinson's  
Tuesdays 10:30-11:15 am

### FUNCTIONAL MOVEMENT

Improve physical health and enhance mobility for a better quality of life.  
Wednesdays, 10:30-11:15 am

### QIGONG FOR SENIORS

Join us for this holistic practice that combines movement, breathing techniques, sound and self-message.  
Thursdays, 10:30-11:15 am

### BALANCE & AGILITY

Improve coordination and help reduce falls by using light weights and exercise bands to strengthen muscles and increase balance and stability.  
Fridays, 10:30-11:15 am

Classes will also be streamed online. Please join us; no registration required.

For more information or online link, please contact Marlene at [mceragno@jccotp.org](mailto:mceragno@jccotp.org) 201.569.7900 ext. 439