

**SENIOR HEALTH & FITNESS**

<http://www.co.hunterdon.nj.us/seniors.htm>

908-788-1359

**MAY 2022**

Classes may be cancelled due to unforeseen circumstances.  
Please call or check the Website for the latest information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00AM --Tai chi (Offsite) Clinton United Meth. Church 9:15am – Healthy Bones (Onsite) 9:30AM-- Healthy Bones (Virtual) 9:30AM – Healthy Bones (Onsite) 10:00am – Bocce (Outside Courts) 11:00AM – Ballet (Onsite) 12:15PM – Tap 1 (Hybrid)</p> <p style="text-align: right;">2</p>	<p>9:00 AM-- Healthy Bones (Virtual) 9:15AM-LI Aerobics-CANCELLED 10:00AM– Chair Aerobics (Onsite) 10:00AM -Bocce (Outside Courts) 10:30AM-Adv Fitness (Hybrid) 11:00AM – Mat Yoga (Offsite) 11:15AM--Move Tomorrow (Onsite) 12:00PM--Beg. Line Dance (Onsite) 1:00PM – Int. Line Dance (Onsite) 1:30PM-Breathing/Meditation(Virtual)</p> <p style="text-align: right;">3</p>	<p>9:00AM -Tai chi (Onsite) 9:30AM--Getting Stronger (Offsite) Frenchtown Presb. Church 10:15AM-Beginner Tap (Onsite) 10:30AM –Chair Yoga (Offsite) Three Bridges Reformed Church 11:30AM – Tap 2 (Hybrid) 2:00PM -Tai Chi for Health (Onsite) 3:00PM Beg Tai Chi for Health(Onsite)</p> <p style="text-align: right;">4</p>	<p>9:30AM Zumba Gold (Virtual) 9:30AM Zumba Gold-CANCELLED 10:00AM – Healthy Bones (Virtual) 10:45AM-- Chair Yoga (Onsite) 12:00pm– Pilates (Onsite) 1:15pm – Ballet (Onsite) 2:30pm – Tap Together (Onsite)</p> <p style="text-align: right;">5</p>	<p>9:00AM--Qi Gong (Virtual) 9:15AM--Mat Yoga (Onsite) 10:00- Adv Fitness (Hybrid) 11:00AM LI Aerobics-CANCELLED 11:15AM – Chair Aerobics (Onsite)</p> <p style="text-align: right;">6</p>
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<p style="text-align: center;"><b>HOLIDAY SENIOR CENTER CLOSED</b></p> <p style="text-align: right;">30</p>	<p style="text-align: center;">CLASS SCHEDULE SAME AS 5/24</p> <p style="text-align: right;">31</p>	 	 	