



**ALL LEVELS YOGA** • Sarah will be substituting for Carmen Lewis for the SUMMER • Summer class schedule is Monday and Wednesday : 9:30am-10:30am • Wednesday: 6:00pm-7:00pm • \$8 per class. This class is designed to help you increase muscle strength, energy, metabolism, and more. All ages are welcome.

**BALLROOM DANCE** • Tom Pintero • All classes below \$8 per class

“Ballroom Basics” (Fundamentals/Beginner) Monday: 7:00pm-8:00pm • “Dance Lessons with Tom “(by appointment only) Monday: 8:00pm-9:00pm • “Swinging and Dancing” (Beginner West/East Coast Swing, Nightclub and Country 2 Step) Wednesday: 7:00pm-8:00pm • “Dance Lessons with Tom” (by appointment only) Wednesday: 8:00pm-9:00pm.

**CHAIR YOGA** Sarah will be substituting for Carmen Lewis for the SUMMER • Summer class schedule is Monday and Wednesday: 12:00pm-1:00pm • \$5 per class. This class is designed to improve flexibility and strengthen muscles while using a chair for support. It involves seated and standing poses using the chair as a prop for support, when and as needed. Walk-ins are welcome of all ages.

**PICKLEBALL** • Monday, Wednesday, and Friday: 9:00am-12:00pm • \$3 per session Pickleball is played in the gymnasium as either singles or doubles with a paddle and a plastic wiffle ball. Free first lesson will be given from 12:00 – 1:00 PM on Wednesday. Walk-ins welcome.

**PILATES** • Beth Nolan • Tuesday and Thursday 9:30am-10:30am • \$12 per class or purchase a Pilates card; 6 classes for \$60.00 This class is designed for exercises using special apparatus, designed to improve physical strength, flexibility, posture, and enhance mental awareness. Walk-ins welcome.

**Qi-GONG** • John Walcott • Monday, Wednesday, Friday, and Saturday: 10:30am—11:30am • **Please Pay Instructor** This class is designed to help you with stiff joints, tight tendons, balance, breathing, and much more. All ages are welcome.

**TAI CHI** • John Walcott • Tuesday and Thursday: 10:30 – 11:30 AM • \$15 per class or \$80/monthly pass This class is designed to integrate physical postures, breathing techniques, and focused intention while improving balance and coordination.

**TANG SOO DO**• John Torres • Tuesday and Thursday: 6:00pm-7:00pm • Saturdays: 9:00am-10:15am • \$60.00 month This class is designed for helping one develop self- discipline, honing athletic skills geared to all ages. All ages are welcome.

**ZUMBA GOLD:** Mona Murphy; Friday 9:30 -10:30 AM; \$8.00 per class; modified Zumba class that recreates the original moves at a lower intensity; the class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance; perfect for active older adults. Walk-ins are welcome.

\*Please see back for instructor information.....

## Instructors Information

- **Chair Yoga, and Yoga:** Carmen Lewis call (914) 474-5525  
Or visit [www.HealthyisHappiness.com](http://www.HealthyisHappiness.com)
- **Ballroom Dance:** Tom Pileri 828-423-1487 or email [2steptom@gmail.com](mailto:2steptom@gmail.com)
- **Qi-Gong, and Tai Chi:** John Walcott at 772-453-6449  
Or visit [www.TheCloudWalker.com](http://www.TheCloudWalker.com).
- **Pickleball:** Pickleball University call (772) 226-1732
- **Pilates:** Beth Nolan call (772) 226-1732
- **Tang Soo Do:** John Torres call (321) 427-2555 or email [Jtor1960@gmail.com](mailto:Jtor1960@gmail.com)



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Any fitness instructors that would like to share their talents with the public, we have space available!

Please contact us at (772) 226-1732 or you can stop by and visit us at:

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