

# FALL EXERCISE CLASS SCHEDULE

## SEPTEMBER – NOVEMBER, 2017

To receive periodic program updates, please send your e-mail address to  
Barbara Light @ [Barbara@scclive.org](mailto:Barbara@scclive.org)

### EXERCISE SCHEDULE

**Holiday closings Sept. 20 & 21, Oct. 4, 5, 11 & 12**

**OLDER ADULT CLASS HOTLINE at 718-954-3131.**

*All Older Adult Exercise classes are subject to change, postponement or cancellation.*

#### **Mondays** (begin, Sept. 11)

- 9:50 – 10:50 **Light Cardio** with Mandi  
10:55 – 11:55 **YOGA**, with Diana  
12:00 – 12:40 **WOMEN'S WATER EXERCISE**, with Marina (Pool)

#### **Tuesdays** (begin, Sept. 5)

- 9:30 – 10:30 **PILATES - EASY STRETCH, LIGHT WORK OUT**, with Mandi  
10:30 – 11:15 **GENTLE CHAIR EXERCISE** (using light weights & bands), with Hava

#### **Wednesdays** (begin, Sept. 6) (NO CLASSES; Sept.20, Oct. 4 & 11)

- 9:35-10:35 *New Day & Time* – begin, Sept. 13  
**STRETCH & MOVE To The BEAT** with Gilda  
10:40-11:20 *New Time* **ISRAELI DANCING FOR BEGGINERS**  
12:00 – 12:45 **WOMEN'S WATER EXERCISE**, with Marina (Pool)

#### **Thursdays** (begin, Sept. 7) (NO CLASSES; Sept.21, Oct. 5 & 12)

- 9:30 – 10:15 **CONDITIONING EXERCISE** (on chairs - using weights), with Michael  
10:15 – 11:15 **GENTLE CHAIR EXERCISE** (using light weights & bands), with Hava



These programs are made possible in part through the generous support of  
NYC DEPARTMENT FOR THE AGING



**For up-to-the-minute information, please call  
SENIOR ADULT CLASS HOTLINE at 718-954-3131.**

**Our Social Room is open for card playing  
Mondays – Thursdays from 11:30am – 4:30pm.**