

Specialized Group Fitness

June - August 2012

65+ Fitness includes a wide range of ability levels. Whether you are a highly active adult or recovering from an injury or stroke, we have a class that will be perfect for your health and lifestyle. Call today for a one-on-one consultation.

(718) 268-5011 ext. 500 or 160

While all ages are welcome to take 65+ fitness classes, adults younger than age 65 will be charged a \$5 extra fee per class, per session (e.g., for a 10 session class, the added fee is \$50).

Balance Training

Reduce your risk of falling. Improve dynamic balance while responding safely to challenging ambulatory tasks, such as changing direction, turning, stepping over obstacles and curbs, bouncing a ball, and more. The third section is specifically intended for those recovering from injuries or illness. No floor work.

Instructor: Robin Budnetz

9 Tues. sessions beginning June 26
10:10 – 11:10 AM: Balance Training I (Int.)
11:20 – 12:20 PM: Balance Training II (Int.)
12:30 – 1:30 PM: Balance Training III (Beg.)
\$42 members
\$74 non-members

We are sorry, but if you miss a class, there are no refunds or make ups.

Registration after start date is on a space available basis.

Israeli and International Dance

Israeli folk dance was originally introduced as a way to create a new culture in an old-new land, by combining elements from other dance cultures with the music and themes of modern Israel. Most dances were created specifically as a way of celebrating the spirit of the new country. Join us as we celebrate Israel by learning both traditional and modern folk dance!

Instructor: Honey Goldfein

8 Wed. sessions beginning June 27
1:00 – 2:30 PM
\$60 members
\$92 non-members

Tai Chi

Tai Chi combines mental concentration with slow, controlled movements to focus the mind, challenge the body, and improve life energy (“Chi”). Emphasizes good posture and works on improving balance. No previous experience necessary. No floor work.

Instructor: Ann Harvey

9 Mon. sessions beginning March 26
11:30 AM – 12:20 PM
\$36 members
\$67 non-members

REGISTER TODAY!

(718) 268-5011 ext. 500

Yoga in Motion

A comprehensive, continuous and guided flow of basic traditional yoga positions, balance, breathing, and body awareness. Therapeutic, orthopedic exercises strengthen the muscles surrounding and supporting the spine. Each session includes restorative relaxation.

Floor work.

Instructor: Robin Budnetz

8 Wed. sessions beginning June 27
10:15 – 11:15 AM: Yoga in Motion I (Beg.)
11:30 – 12:30 PM: Yoga in Motion II (Int.)
\$38 members
\$66 non-members

9 Fri. sessions beginning June 29
10:15 – 11:30 AM: Yoga in Motion III (Int./Adv.)
\$42 members
\$74 non-members

Summer 2012 Class Schedule

Monday classes

June 25
July 2, 9, 16, 23, 30
August 6, 13, 20

Tuesday classes

June 26
July 3, 10, 17, 24, 31
August 7, 14, 21

Wednesday classes

June 27
July 11, 18, 25
August 1, 18, 15, 22

Thursday classes

June 28
July 5, 12, 19, 26
August 2, 9, 16, 23

Friday classes

June 29
July 6, 13, 20, 27
August 3, 10, 17, 24