




Senior Health and Fitness Calendar

908-284-6128

<https://www.co.hunterdon.nj.us/495/Senior-Center>

December 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events (Onsite) 12/4: Women in History Talk 12/18: Music Appreciation</p> <p>Special Events (Offsite) 12/2: Trip to MPAC 12/14: Holiday Luncheon</p>				<p>9:00AM - Qi Gong (Virtual) 10:00AM - Adv. Fitness (Virtual) 10:00AM - Chair Aerobics (Hybrid) 11:00AM - LI Aerobics (Hybrid)</p>
<p>9:00AM -- Tai Chi (Offsite) 9:15AM - Healthy Bones (Onsite) 9:30AM-- Healthy Bones (Virtual) 9:30AM - Healthy Bones (Onsite) 10:00AM- Jazz Dance (Onsite) 11:00AM - Ballet (Onsite) 12:15PM - Tap 1 (Onsite) Cancelled 1:30PM - Tai Chi /Health (Onsite) 2:30PM - Beg. Tai Chi/Health(Onsite)</p>	<p>9:00AM - Healthy Bones (Virtual) 9:30AM - LI Aerobics (Hybrid) 10:00AM - Chair Aerobics (Hybrid) 10:00AM - Adv. Fitness (Virtual) 11:00AM - Beg. Line Dance(Onsite) 11:15AM - Move Tomorrow (Onsite) 11:45AM - Int. Line Dance(Onsite) 1:00PM - Adv. Line Dance(Onsite) 1:00PM - Take Control of your Health 1:30PM - Breathing /Meditation (Virtual) 2:30PM - Try Out Tap (Onsite)</p>	<p>9:00AM - Tai Chi (Onsite) Cancelled 9:30AM - Getting Stronger (Offsite) 10:15AM - Intro to Tap (Onsite) Cancelled 10:30AM- Chair Yoga (Offsite) 11:30AM - Tap 2 (Onsite) Cancelled 1:00pm - Mat Yoga (Offsite) 1:00PM - Matter of Balance (Onsite) 1:45PM - Tai Chi/Health (Onsite) Cancelled 2:30PM - Beg. Tai Chi/ Health (Onsite) Cancelled</p>	<p>9:15AM - Zumba Gold (Hybrid) 10:00AM - Healthy Bones (Virtual) 10:30PM - Pilates (Onsite) 1:15 PM - Ballet (Onsite) 2:30PM - Tap Together (Onsite)</p>	<p>9:00AM - Qi Gong (Virtual) 10:00AM - Adv. Fitness (Virtual) 10:00AM - Chair Aerobics (Hybrid) 11:00AM - LI Aerobics (Hybrid)</p>
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