

Spring 2022

SENIOR PROGRAMS

BLOOMFIELD

Parks • Recreation • Cultural Affairs

84 Broad Street, Bloomfield, NJ 07003

Tel#: 973-743-9074 Update#: 973-743-7593

www.bloomfieldrecreation.org

New Ball Room Dancing



Learn ballroom dancing in a beginner-friendly, supportive environment. Dances include cha-cha, rumba, salsa, waltz, tango, swing, foxtrot, samba, hustle and more! Our goal is to have participants learn basic social dancing and give participants a fun way to be physically active while providing a space for participants to foster connections with other local residents of Bloomfield.

Mondays 6:30pm - 7:15pm

Remaining Classes: May 2,9,16,23 June 6,13,20

QIGONG-\$30 ZOOM Virtual Class

Tuesdays 10:00am - 11:00am

Qigong(chi Kung) is an ancient Chinese practice that incorporates slow, gentle, low-impact movements in harmony with breathing.

May 10,17,24,31 June 7,14



SENIOR EXERCISE - \$20

Tuesdays & Thursdays -10:00am - 11:00am

Senior exercise is a low-impact class designed especially for seniors to stay active, and get fit at their own pace.

Remaining Classes:

May 3,5,10,12,17,19



ZUMBA GOLD - \$20

Wednesdays & Fridays -10:00am- 11:00am

Zumba Gold is for active, older adults who are looking for a modified Zumba class that recreates the original loves they love at a lower-intensity.

May 4,6,11,13,18,15

June 1,3,8,10,15,17,22,24,29

July 1,6



Class will be held in person & on Zoom

