

Edited: 1/20/2023

Winter 2023

SENIOR PROGRAMS

84 Broad Street, Bloomfield, NJ 07003

Tel#: 973-743-3332

www.bloomfieldrecreation.org

BLOOMFIELD
Parks • Recreation • Cultural Affairs

Senior Coordinator: Neyden Kinch-Sousa (nsousa@bloomfieldtwpnj.com)

Classes meet @ Bloomfield Civic Center, 84 Broad St.

Register for classes via Community Pass.

SENIOR EXERCISE- \$20

(\$20) Tues. & Thurs. 10 am - 11 am **(FULL)**

Jan 17-March 23

(\$20) Mon. & Wed. 11 am - 12 pm **(FULL)**

Jan 23 –April 3

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

SENIOR STRETCH - \$20 (FULL)

Tues. & Thurs. 11 am – 11:30 am

Jan 17-March 23

The class is free if you are already registered for Senior Exercise

T'AI CHI EXERCISE-\$20 (FULL)

Mondays 10 am-11 am

Jan 23-April 3, No Class Feb. 20

T'ai Chi is an ancient Chinese practice that uses specific movements as exercise. T'ai Chi is great for flexibility, upper/lower body strength, and balance.

ZUMBA GOLD - \$20 (FULL)

Wed. (10:15am-11am)

Fri. (10:00am-10:45am)

January 25-March 31

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

SENIOR ORGANIZATION MEMBERSHIP- \$20

Meet once a month @ Bloomfield Civic Center, trips, excursions, & holiday functions. Yearly membership valid until August 31th, 2023

Membership Perks:

\$2 off traditional seasonal senior programs

\$5 off trips and excursions

FREE monthly meetings/functions **\$10 for non-members**

