

Edited: 6/13/2023

Summer 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) Mon. & Wed. 11 am - 12 pm

July 3-September 11

No Class 9/4

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

July 11-September 14

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

SENIOR STRETCH - \$20

Tues. & Thurs. 11 am – 11:30 am

July 11-September 14

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

T'AI CHI EXERCISE-\$20

Mon. 10-11 am July 10-Sept. 18

No Class 9/4

(\$20) Intermediate (10-11am)

(\$20) Beginner (11-12 pm)

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

Wed. and Fri., July 12-September 20

No Class on 8/11

(\$20) 10:15-11:15 am

(\$20) 11:15-12:15 pm

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

Meets once a month @ Bloomfield Civic Center for holiday functions/gatherings. Also, go on trips & excursions. Yearly membership is valid until August 31st, 2024

Registration Begins August 16th, 10am

Membership Perks:

\$2 off traditional seasonal senior programs

\$5 off trips and excursions

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

