

Edited: August 5, 2025

Winter 25-26

SENIOR FITNESS

BLOOMFIELD
Parks • Recreation • Cultural Affairs

Senior Coordinator: Neyden Kinch-Sousa (nsousa@bloomfieldwpnj.com) (973-743-9074)

All Classes meet at Bloomfield Civic Center, 84 Broad St. **Register via Community Pass.**

SENIOR YOGA - \$20

Tues. & Thurs. 11:00 am – 12:00 pm

Dec. 2- Feb. 12 **No Class 12/25, 1/1**

Senior Yoga is a slow-paced class that improves balance, flexibility, stability, and strength.

Taught by Sandy Gola from Amethyst Project. Participants should bring a yoga mat.

Martial Motion- \$20

Wed. & Fri

9:15am-10:15am

Dec. 3-Feb. 20 **No Class Dec. 24, 26, 31 Jan.1**

Martial Motion helps you build balance, confidence, and coordination while learning to move with purpose and control. It focuses on using your body efficiently to improve strength, awareness, and overall well-being.

Registration:

Oct. 29, 9 am

-www.bloomfieldrecreation.org

-At the Civic Center, 84 Broad St.

-Call 973-743-9074

SENIOR EXERCISE

(\$20) Mon. & Wed. 11:00 am – 12:00 pm

Dec. 1-Feb. 18

No Class 12/24, 12/31, 1/19, 2/16

(\$20) Tues. & Thurs. 10:00 am – 11:00 am

Dec. 2- Feb. 12 **No Class 12/25, 1/1**

Senior exercise is a low-impact class for seniors to stay active and fit at their own pace. **Participants are to bring 5-pound weights and exercise bands.**

SENIOR STRETCH - \$20

Tues. & Thurs. 11:00 am – 11:30 am

Dec. 2- Feb. 12 **No Class 12/25, 1/1**

FREE with the registration of either Senior Exercise. Please bring a yoga mat.

ZUMBA GOLD

Wed. & Fri

(\$20) 10:15 am-11:00 am

(\$20) 11:15 am-12:00 pm

Dec. 3-Feb. 20 **No Class Dec. 24, 26, 31 Jan.1**

(\$20) Tues. & Thurs. 9:15 am-10:00 am

Dec. 2 – Feb. 12 **No class 12/25, 1/1**

Zumba Gold is a lower-intensity Zumba class for older adults who want to enjoy the original moves at a gentler pace.

