

Fanwood Recreation Programs for Seniors — Winter 2019 at Forest Road Park Recreation Building (Water Exercise at JCC Pool*)

\$15 registration fee per approximately 13-week program for Fanwood and Scotch Plains residents. All others pay **\$30** fee per program. Fanwood residents will get preference for programs that fill up.

You can now register and pay **ONLINE!** Go to fanwoodrecreation.org, click on the online registration link and follow the instructions about how to register.

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
<i>6</i>	<i>7</i>	<i>8</i> 8:45–9:45 am: Aerobics 11 am–12 noon: Gentle Yoga	<i>9</i> 11:30-12:15 pm: Zumba Gold	<i>10</i> 9–10 am: Gentle Yoga	<i>11</i> 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	<i>12</i>
<i>13</i>	<i>14</i>	<i>15</i> 8:45–9:45 am: Aerobics 11 am–12 noon: Gentle Yoga	<i>16</i> 11:30-12:15 pm: Zumba Gold	<i>17</i> 9–10 am: Gentle Yoga	<i>18</i> 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	<i>19</i>
<i>20</i>	<i>21</i>	<i>22</i> 8:45–9:45 am: Aerobics 11 am–12 noon: Gentle Yoga	<i>23</i> 11:30-12:15 pm: Zumba Gold	<i>24</i> 9–10 am: Gentle Yoga	<i>25</i> 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i> 8:45–9:45 am: Aerobics 11 am–12 noon: Gentle Yoga	<i>30</i> 11:30-12:15 pm: Zumba Gold	<i>31</i> 9–10 am: Gentle Yoga		

* JCC of Central New Jersey, 1391 Martine Ave, Scotch Plains

(OVER)

Gentle Yoga is a mild form of Hatha Yoga. In this class you will gently stretch in revitalizing poses with simple breathing techniques, attaining a peaceful meditative mind.

Gentle Yoga Tuesdays and **Gentle Yoga** Fridays are two separate programs and must be registered for and paid for separately.

Zumba Gold Wednesdays and **Zumba Gold** Fridays are two separate programs and must be registered for and paid for separately.

Note: There will be no make-up dates or refunds for any individual classes that are cancelled.

For more information, call Fanwood Recreation at **908 370-7092**.

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	2
3	4	5 8:45-9:45 am: Aerobics NO YOGA	6 11:30-12:15 pm: Zumba Gold	7 NO YOGA	8 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	9
10	11	12 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	13 11:30-12:15 pm: Zumba Gold	14 9-10 am: Gentle Yoga	15 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	16
17	18	19 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	20 11:30-12:15 pm: Zumba Gold	21 9-10 am: Gentle Yoga	22 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	23
24	25	26 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	27 11:30-12:15 pm: Zumba Gold	28 9-10 am: Gentle Yoga		

MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	2
3	4	5 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	6 11:30-12:15 pm: Zumba Gold	7 9-10 am: Gentle Yoga	8 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	9
10	11	12 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	13 11:30-12:15 pm: Zumba Gold	14 9-10 am: Gentle Yoga	15 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	16
17	18	19 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	20 11:30-12:15 pm: Zumba Gold	21 9-10 am: Gentle Yoga	22 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	23
24	25	26 8:45-9:45 am: Aerobics 11 am-12 noon: Gentle Yoga	27 11:30-12:15 pm: Zumba Gold	28 9-10 am: Gentle Yoga	29 9:15-10 am: Zumba Gold 10:15-11:15 am: Tai Chi 11:30 am-12 noon: Aqua Jam at JCC Pool	30