

LIVE WELL @ THE JCC

BODY FIT

Instructor: Paulette Smithwick



BODY FIT is a functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility. Class will include the use of weights and resistance bands.

DATE: THURSDAYS in March and April unless otherwise noted
(There will be no class on March 22)

TIME: 10:30 AM

COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. **MUST REGISTER!!!**

Sorry, No Refunds



Jewish Community Center of Middlesex County
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CHAIR YOGA

INSTRUCTOR: Karen Rosen



Nourish your body and mind in this guided stretch using a chair as an extension and support for your body. Increase your mobility and calm your mind. Each class will include guided breathing and inner stillness and relaxation. All poses can be modified to fit all body types. For your comfort please wear

loose, comfortable clothing. This class can also be done standing.

Karen Rosen has been a registered Yoga instructor since 1995. She is a member of the International Association of Yoga Therapists. She enjoys bringing the many benefits of yoga to all.

DATE: WEDNESDAYS in March and April unless otherwise noted
TIME: 12:00 NOON
COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!!!*

Sorry, No Refunds

Program available to individuals 55 years of age and older



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Sculpt Your Body

INSTRUCTOR: Ilana Nyer

Sculpt your Body is a new class that involves toning all parts of your body using light weights and increasing your cardiovascular stamina through movement and easy dance steps.



Ilana Nyer has been a personal trainer for 15 years. Ilana has taught Pilates, aqua aerobics and cardio sculpt classes in addition to one on one personal training sessions. Ilana is focused on increasing the health and well being of her clients.

DATE: TUESDAYS in March and April unless otherwise noted
TIME: **7:00 PM** (*please note there will be no class on April 3rd*)
COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. **MUST REGISTER!!!**

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TAI CHI

We are very happy to welcome a new Tai Chi instructor. Bob Matland is a resident of Edison and is the owner of the Black Belt Institute in Metuchen. Bob has been teaching Tai Chi since 1999 after receiving instruction from 4 different Master and Grand Master instructors. Bob enjoys teaching Tai Chi to all members of the community and understands the importance of this form of exercise for the older adult.

Tai Chi is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**INSTRUCTOR:
BOB MATLAND**



DATE: MONDAYS in March and April unless otherwise noted
TIME: 9:00 AM
COST: FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!*

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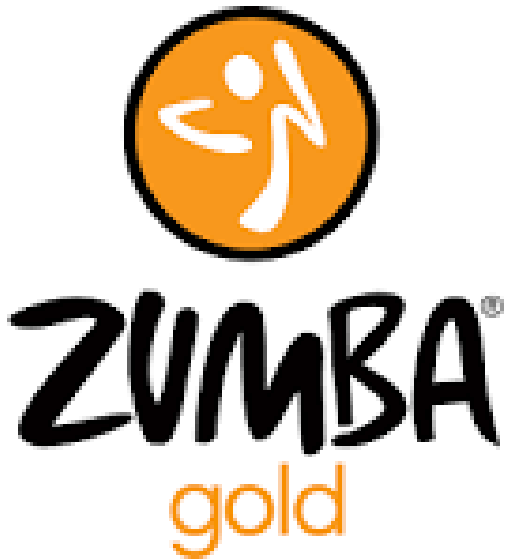
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ZUMBA GOLD

NEW Instructor: Rachel Scott

Zumba Gold is geared towards the active older adult and the deconditioned exerciser. It is less intense and moves at a slower pace. This aerobic program is inspired by various styles of Latin American dance and performed to all types of music.



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