

# LIVE WELL @ THE JCC

Welcome back for the start of our 3rd year  
of **LIVE WELL @ THE JCC**

I hope you have enjoyed yourselves over the summer and kept cool when the temperature has hit the 90s.

We have put some guidelines in place to make our program as safe and organized as possible.

***1. Register in advance - in order to participate you must be on the roster for EACH class.***

***No admittance to class without registration at front desk.***

***2. Tie sneakers are required to be worn to participate in classes (Chair yoga is exempt but if you choose to wear socks only, please have grippers on the bottom).***

***3. If you have any medical conditions, please inform your MD for clearance to participate.***

We hope to see you in September but please be reminded that the Jewish holidays fall on Mondays and Tuesdays (primarily) so we may not see some of you until October.

Abby Eisner

**LIVE WELL @ THE JCC** Coordinator



JEWISH COMMUNITY CENTER OF MIDDLESEX COUNTY  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232

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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 OCTOBER 8, 15, 22, 29**  
**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 June 2019.**

***MUST REGISTER!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older***



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# ZUMBA GOLD

**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.



**ZUMBA**<sup>®</sup>  
gold

**DATE: TUESDAYS, SEPTEMBER 4, 18 OCTOBER 9, 16, 23 and 30**  
**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 June 2019.**

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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, SEPTEMBER 5, 12, 26, OCTOBER 3, 10, 17, 24, 31**  
**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 June 2019.**

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## BODY FIT



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 SEPTEMBER 6, 13, 20, 27 OCTOBER 4, 11, 18, 25**

**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 June 2019.**

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