

Senior Fitness Club

North Brunswick Senior Center

15 Linwood Place 732-418-2222

- **Mondays**
11:30 a.m. – 12:15 p.m. Chair Yoga
12:20 p.m.-12:50 p.m. Zumba Toning
- **Tuesdays**
9:30 a.m. – 10 a.m. Zumba
11 am-11:45 am Gentle Mat Yoga
10:30 a.m.- 12 p.m. Walking Club
- **Wednesdays**
9:30 a.m.- 10:30 a.m. Line Dancing
11 a.m. – 11:45 a.m. Advanced Strength Training
12:30 pm-1 pm Zumba
- **Thursdays**
11 a.m.-11:45 a.m. Chair Yoga
- **Fridays**
10 am- 10:30 am. Zumba
11 a.m. – 11:30 a.m. Strength and Cardio