

# Senior Fitness Club

## North Brunswick Senior Center

15 Linwood Place 732-418-2222

- **Mondays**  
9 a.m. – 9:45 a.m. Chair Yoga  
11 a.m.- 11:30 a.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  
12:15 p.m.-12:45 p.m. Zumba
- **Fridays**  
10 am- 10:30 am. Zumba  
11 a.m. – 11:30 a.m. Strength and Cardio