

Senior Fitness Club

North Brunswick Senior Center

15 Linwood Place 732-418-2222

- **Mondays**

9 a.m. – 9:45 a.m. Chair Yoga

10:15 a.m.-11 a.m. Whole Body Fitness

11:45 a.m.- 12:15 p.m. Zumba Toning

- **Tuesdays**

9:30 a.m. – 10 a.m. Zumba

11 am-11:45 am Gentle Mat Yoga

- **Wednesdays**

9:30 a.m.- 10:30 a.m. Line Dancing

11 a.m. – 11:45 a.m. Advanced Strength Training

12:15 p.m.-12:45 p.m. 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