

SUMMER 2011

July 5 - August 29

Senior HeART Program

A health and wellness program for adults age 50 and over

**New
Schedule**

- **BETTER BONES:** This class is offered exclusively for participants in *Better Bones* program. It is designed to improve bone density, strength, balance and flexibility, and to reduce the risk of falls and fractures. Contact us for eligibility and details about joining *Better Bones*.
- **QIGONG:** Qigong is a practice of gentle, slow movements that allows you to cultivate your life force energy (Qi). It is an ideal low-impact, stress-relieving exercise and fitness program that helps maintain physical, spiritual, and emotional health.
- **CARDIO CIRCUIT:** Use the cardio gym equipment to increase cardiovascular fitness with low-impact (easy on joints), high-energy movements. This class will improve your mood and confidence while making your heart and lungs stronger!
- **CHINESE BRUSH PAINTING:** Nature is the theme. Simplicity is the key. Using a bamboo brush, Chinese ink, and rice paper, learn the picturesque origins of Chinese characters.
- **YOGA FOR HEALTH:** Increase your energy level, improve circulation and range of motion in joints, maintain healthy knees and back, release stress, and open your heart and mind with vocalization and breathing exercises.
- **MINIATURE CLAY CRAFT:** Whether you work well with clay or simply have an interest in clay-making. Trust your hands to create something which you may not believe you could do. Students will learn how to make miniature foods and desserts.

Please see the back for a full schedule of courses

SESSION INFORMATION

- Summer 2011 classes start on July 5 and run through August 29.
- **Phone registration is now available.** You may call or stop by for class registration. First come, first served. Please ask for Shalom, Christabell, or Christy for registration.
- You may register for both LATE SPRING and SUMMER sessions at the same time, but pay later for the SUMMER session.
- Prices for 8 - week sessions are as follows:
 - (age 60 & above): 1 hour classes are \$35 per session; 1.5 hour classes are \$53 per session; 2 hour classes are \$70 per session
 - (age 50 to 59): 1 hour classes are \$45 per session; 1.5 hour classes are \$68 per session; 2 hour classes are \$90 per session
- For a limited time, there will be \$5 off if you register for 2 classes, and \$10 off if you register for 3 or more classes in one session.
- If you are NEW to the Senior HeART Program, you must ALSO call to sign up for an enrollment session - Call 212-475-5008.

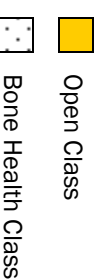


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Summer 2011 Schedule

July 5 – August 29



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chinese Brush Painting with Kwok Kay Cheoy 1 pm-3pm	Yoga for Health with Rebecca (Bone Health) 10am - 11am	Strength & Endurance with Roman (Bone Health) 10am-11am	Aquatic Exercise Level 2 10am - 11am	Cardio Circuit with Roman (Bone Health) 10am-11am		Swim Level 1 3pm-4pm
	Basic Gentle Yoga (Open Class) 11am-12pm	Better Bones* 11am-12pm	Body Sculpt with Roman (Bone Health) 10am - 11am	Better Bones* 1pm-2pm		Swim Level 2 4pm-5pm
	Aquatic Exercise Level 1 10 am - 11 am	Miniature Clay Craft 11am-12pm	Swim Level 3 10am-11am	Better Bones* 2pm-3pm		
	Swim Level 1 10am-11am	Zumba 12pm-1pm	Qigong with Kenneth (Bone Health) 11am-12pm			
	Aerobics (Open Class) 12pm-1pm	Photoshop with Christina 11am-1pm	International Rumba with Sarika 1pm-2pm			
	Body Sculpt with Roman (Bone Health) 1pm - 2pm	Digital Photography: Street Photography with Christina 1pm-3pm	Intro to Quickstep with Sarika 2pm-3pm			
	Swim Level 1 2pm-3pm	Better Bones* 1pm-2pm	Swim Level 1 2pm-3pm			
	Swim Level 2 2pm-3pm	Tap/Swing for Fitness with Dementia (Bone Health) 2pm - 3pm	Swim Level 2 2 pm-3 pm			
	Swim Level 2 4pm-5pm		Swim Level 1 4pm-5pm			

* **Better Bones** classes are opened exclusively for **Better Bones** Participants.
Bone Health classes are prioritized for participants who are in the **Better Bones** program.
 Other participants can sign up for the wait list and register if space is available.