

Senior HeART

-Health, Art, Recreation and Technology- Winter 2012 Session

Health, education and community for adults age 50 and over

Winter Package Special Take 8 courses for 8 weeks for as low as \$100



HeART Classes Include:

- **Health:** Swimming, Fitness, Dance, Yoga
- **Art:** Landscapes, Chinese Brush Painting, Clay Craft
- **Technology:** Digital Photography, Photoshop

Winter Package Special—Up to 8 courses for 8 week session:

Includes up to 2 aquatics, 3 fitness and 3 art classes

- Age 60 & above: \$100 for 8 courses
- Age 50 to 59: \$150 for 8 courses

Standard Pricing for 8 week session:

- Age 60+: 1 hr class \$35/session; 2 hr class \$70/session
- Age 50-59: 1 hr class \$45/session; 2 hr class \$90/session

Scholarships available,

and ask about the Better Bones Program!

Please register at the front desk or call 212-475-5008.

Registration begins on Friday, December 9th at 10:00am.

Celebrating 125 Years
Innovation for a Lifetime



Winter 2012 Schedule

January 3—February 27

 Open Class
 Bone Health Class

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			Yoga for Health with Rebecca (Bone Health) 10am - 11am	Strength & Endurance with Roman (Bone Health) 10am-11am	Aquatic Exercise Level 2 10am - 11am	Swim Level 2 10:30am-11:30am	Tai Qi with Kwok Kay Choey (Bone Health) 10am - 11am
			Basic Gentle Yoga (Open Class) 11am-12pm	Swim Level 1 11 am-12pm	Swim Level 3 11am-12pm	Intermediate English with Dr. Barrett 10am-12pm	
			Aquatic Exercise Level 1 11am - 12pm	Better Bones* 11am-12pm	Aquatic Exercise Level 1 (Open Class) 11am - 12pm		
			Swim Level 1 11am-12pm	Miniature Clay Craft With Ann Tam 11am-12pm	Qigong with Kenneth (Bone Health) 11am-12pm		
			Aerobics (Open Class) 12pm-1pm	Zumba 12pm-1pm	Waltz with Sarika 1pm-2pm	Better Bones* 1pm-2pm	Basic Gentle Yoga with Jessica (Bone Health) 12-1pm
		Swim Level 1 2pm-3pm	Chinese Brush Painting with Kwok Kay Choey 1 pm-3pm	Body Sculpt with Roman (Bone Health) 1pm - 2 pm	Better Bones* 1pm-2pm	Paso Doble with Sarika 2pm-3pm	Tap/Swing for Fitness with Demetra (Bone Health) 1pm-2pm
		Swim Level 2 3pm-4pm		Swim Level 2 2pm-3pm	Photshop with Christina 1pm-3pm	Tango with Sarika 3pm-4pm	Swim Level 1 2pm-3pm
				Tuesdays With Us FREE EVENT! 2:15-3:15pm	Tap/Swing for Fitness with Demetra (Bone Health) 2pm - 3pm		The Joy of Painting with Donna 1pm-3pm
					Swim Level 3 2pm-3pm		
					Digital Photography with Christina 3pm-5pm		
PM							

* Ask about our Better Bones classes, especially for Better Bones Participants.
 * All class enrollment is subject to availability.