

Senior HEART

Health • Art • Recreation • Technology



Late Fall 2014 Session

LATE FALL SPECIAL

BRING A NEW MALE FRIEND AND GET **ONE FREE CLASS** FOR EACH OF YOU!



HEART classes are designed to engage adults age 50 and over, and include many exciting courses:

- Fitness: Dance, Yoga, Strength & Endurance, Tai Qi, Better Bones, Qi Gong
- Pool: Swimming, Aquatic Exercise
- Creative Arts & Technology: Knitting, Stock Flower Craft, Miniature Clay Craft

Pricing Information

Late Fall Package Special: 3 to 6 courses for the 8-week session:

Includes up to 2 pool, 2 fitness, and 2 art & technology classes!

- Age 60+: \$100; Age 50-59: \$150

Standard Pricing for 8-week session:

- Age 60+: 1 class= \$36/session, 2 classes= \$50/session
- Age 50-59: 1 class= \$46/session, 2 classes= \$80/session

Scholarships available!

Please register at the front desk or call (212) 475-5008
Registration begins on Friday, October 3rd at 10:00AM

University Settlement at the Houston Street Center • 273 Bowery, New York, NY 10002

Late Fall 2014 Schedule

October 28—December 22

Free for HEART participants
 Open Class
 Bone Health Class

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A M			Yoga for Strength & Mobility (Bone Health) with Chintamani 10am - 11am	Strength & Endurance (Bone Health) With Demetra 10am-11am	Aquatic Exercise Level 2 10am-11am	Strength & Endurance (Group 2) (Bone Health) with Yeliza 10am-11am	Tai Qi (Bone Health) with Kwok Kay Choey 10am - 11am
			Basic Gentle Yoga (Open Class) With Chintamani 11am-12pm	Swim Level 2 11am-12pm	Swim Level 3 11am-12pm	Aquatic Exercise 11:30am-12:30pm	Hangout Group (fan dance) 11am-12pm
			Aquatic Exercise Level 1 11am - 12pm	Better Bones+ with Power 11am-12pm	Breakfast for Your Brain (Chinese) with Esther 10am-11am	Photography with Marilana 10:30am-12:30pm	
			Swim Level 1 11am-12pm		Breakfast for Your Brain (English) with Marissa 10am-11am		
P M	Swim Level 1 2pm-3pm	Cantonese Choir With Mr. Lam 1pm-3pm	Open Body Sculpt with Roman 12pm - 1pm	Zumba® 12pm-1pm	Silk Painting with Leslie 1pm-3pm	Plantes With Mary 12pm-1pm	Basic Gentle Yoga (Bone Health)with Chintamani 12pm-1pm
	Swim Level 2 3pm-4pm	Knitting With Lisa 1pm-3pm	Knitting Group 2pm-4pm	Hangout Group (please register first) 1-3pm	Mandarin Class With Yuki 2pm-4pm	Stook Flower Craft with Ms. Jin 1pm-3pm	Zumba (Bone Health) with Demetra 1pm-2pm
		Hangout Group (please register first) 1-3pm		Ipod Social Group 2:45pm-3:30pm	Movie & Me (Chinese Movies) with Esther 2pm-4pm	Cantonese Choir With Mr. Lam 1pm-3pm	
		International Tango With Ly 1pm-2pm		Miniature Clay Craft With Ann Tam 1pm-3pm	Swim Level 1 2pm-3pm	Better Bones+ with Roman 2pm-3pm	
		International Rumba With Ly 2pm-3pm					
		Latin/Ballroom Choreography With Ly 3pm-4pm					
		Swim Level 2 2pm-3pm					

* Ask about our Better Bones classes, especially for Better Bones Participants. *You can now choose open classes as part of the Special Package! * All class enrollment is subject to availability.