

# George Hausmann Senior Center

## SENIOR CITIZENS CLASS 2019 Schedule

Hudson Ridge at Aberdeen

98 Church Street

Aberdeen, NJ 07747

### **MONDAYS:**

9:00am to 10:30am: Line Dancing (at the VFW in Cliffwood)

11:30am to 12:30pm: Aerobics

### **TUESDAY:**

9:15am to 9:45am: Qigong (low impact Tai Chi)

10:00am to 10:45am: Tai Chi

11:15am to 12:00pm: Gentle Strength (60 second interval training)

12:30pm to 1:00pm: Zumba Gold

### **WEDNESDAY:**

9:00am to 10:00 am: Strength Training

10:00 am to 11:00am: Gentle Yoga

11:30am to 12:30pm: Aerobics

12:30pm to 2:00pm: Board Games

### **THURSDAYS:**

11:15am to 12:00pm: Aerobics

12:30pm to 1:30pm Crafting Together

1:00pm to 3:30pm: Bridge Game

### **FRIDAYS:**

9:30am to 10:15am: Balancing Class

10:30am to 11:30am: Chair Yoga

11:45am to 12:30pm: Zumba Gold