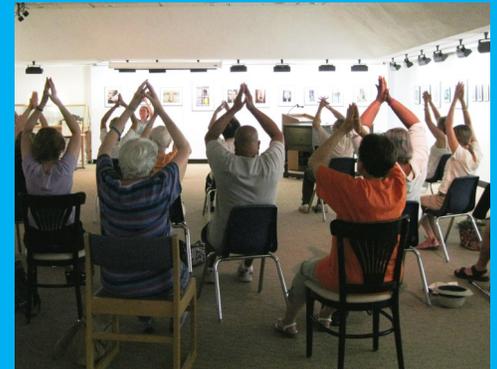


Active older adults who are looking for a modified **Zumba® class** that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow **Zumba®** choreography that focuses on balance,

Where: Hickory Senior Center
When: Mondays 12:45PM
Wednesdays 9:30AM
Thursdays 12:30PM

Chair Yoga



Yoga is a mind and body related practice in complementary and alternative medicine that has roots in ancient Indian philosophy. The word "yoga" means union, and practicing yoga is thought to create a union between mind and body. A yoga instructor leads students through exercises that help build strength endurance, increases flexibility, and improve posture and balance. Special attention is paid to bone health and preventing/reversing bone loss related to Osteoporosis.

Where: Hickory Senior Center
When: Thursdays 10:00AM



John E. McCormac
Mayor



Dennis M. Green
Director of Health

For General Information or If you have any questions please call Elizabeth Cowan @ (732-726-6285)

Or Email: Elizabeth.Cowan@twp.woodbridge.nj.us