

## Health and Wellness Activities

\*Complete addresses and phone numbers for all Senior Centers are located on the Senior Center page of this website.

### **Zumba**

Based on dance moves choreographed to Latin and international music. Low impact dance aerobics class. There is a \$3 charge for this class.

Monday, 8:30 am	Vestal Senior Center
Monday, 10:00 am	First Ward Senior Center (Binghamton)
Monday, 1:00 pm	Eastern Broome Senior Center (Harpursville)
Tuesday, 12:30 pm	Johnson City Senior Center
Tuesday, 9:30 am	Broome West Senior Center (Endwell)
Thursday, 1:00 pm	Broome West Senior Center (Endwell)
Friday, 9:30 am	First Ward Senior Center (Binghamton)
Friday, 11:00 am	Oak Street Senior Center (Binghamton)



### **Toning & Zumba**

Toning exercises using light weights followed by Zumba dance aerobics. There is a \$5 charge for this class.

Wednesday, 5:30 pm	Johnson City Senior Center
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### **Bonesaver Class**

A low-intensity class, using light weights to help prevent osteoporosis and improve balance.



Monday, 10:00 am	First Ward Senior Center (Binghamton)
Monday, 10:00 am	Broome West Senior Center (Endwell)
Tuesday, 10:00 am	Oak Street Senior Center (Binghamton)
Tuesday, 10:15 am	Northern Broome Senior Center
Tuesday, 2:30 pm	Johnson City Senior Center
Wednesday, 10:00 am	Broome West Senior Center (Endwell)
Thursday, 9:30 am	First Ward Senior Center (Binghamton)
Thursday, 10:15 am	Northern Broome Senior Center (Whitney Point)
Friday, 10:00 am	Oak Street Senior Center (Binghamton)
Friday, 10:00 am	First Ward Senior Center (Binghamton)

### **Beginner Gentle Yoga**

This gentle exercise program will help improve flexibility and strength. Its modified movements will allow you to work at your pace and increase as your body begins to adapt. There is a \$3 charge for this class.

Monday, 9:30 am	Johnson City Senior Center
Friday, 10:00 am	Johnson City Senior Center



## Tai Chi

Relieve stress, improve balance, increase flexibility and promote wellness.

There is a \$3 charge for this class.

Thursday, 9:30 pm Broome West Senior Center

Thursday, 1:00 pm Johnson City Senior Center



## Line Dancing

Choreographed dance with a sequence of steps done in lines or rows.

There is a \$3 charge for this class.

Monday, 10:45 am Johnson City Senior Center

Friday, 9:30 am Broome West Senior Center (Endwell)

## Chair Yoga

Provides many of the benefits offered by vigorous yoga; however, postures and movements are very gentle, easy to maintain and adapted to each students' ability. There is a \$5 charge for this class.

Tuesday, 10:00 am First Ward Senior Center (Binghamton)

Friday, 1:00 pm Vestal Senior Center



## Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday, 8:45 – 9:30 am Eastern Broome Senior Center (Harpurville)

Tues & Thurs, 11:00 am Broome West Senior Center (Endwell)

## Chair Dance Party

Tone muscles & increase heart rate in a comfortable, seated position.

Wednesday, 10:30-11:30 am Vestal Senior Center

## Staying Fit & Healthy

Stretching and light aerobics with weights.

Thursday, 2:30 pm Johnson City Senior Center

**Exercise Equipment** - Available Daily

Broome West Senior Center (Endwell)

Northern Broome Senior Center (Whitney Point)

First Ward Senior Center (Binghamton)

Johnson City Senior Center

