

## Health and Wellness Activities

### 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
Thursday, 10:00 am	Johnson City Senior Center
Friday, 10:00 am	Johnson City Senior Center

### Bonesaver Class

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

Monday & Wednesday, 1:00 pm	Johnson City Senior Center
Monday, Wednesday & Friday, 10:00 am	First Ward Senior Center
Monday, 7:00 pm	First Ward Senior Center
Tuesday & Thursday, 10:15 am	Northern Broome Senior Center

### Chair Exercises

Increase flexibility, range of motion and circulation.

Tuesday, 8:45 – 9:30 am	Eastern Broome Senior Center
Tuesday, 11:00 am	Deposit Senior Center
Tues & Thurs, 11:00 am	Broome West Senior Center
Thursday, 10 – 10:30 am	First Ward Senior Center
Friday, 12:30 pm	Johnson City Senior Center

### Chair Yoga

Postures and movements are very gentle, easy to maintain and adapted to each student's ability.

Monday, 9:30 am	Eastern Broome Senior Center
Monday, 11:00 am	First Ward Senior Center - \$5 charge
Wednesday, 10:15 am	Johnson City Senior Center - \$3 charge
Thursday, 1:00 pm	Broome West Senior Center

### Fusion Exercise Class

Includes a combination of Tai Chi, yoga, and low-impact cardio. \$3 charge.

Thursday, 11:30 am	Johnson City Senior Center
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### Line Dancing

Choreographed dance with a sequence of steps done in lines or rows. \$3 charge.

Monday, 10:45 am	Johnson City Senior Center
Friday, 10 am	Broome West Senior Center

### **Low Impact Aerobics**

Modified stretches, body movements and routines that improve and tone your body. \$3 charge.

Thursday, 10:00 am

Johnson City Senior Center

### **Open Swim & Water Aerobics Classes**

First Ward Center is hosting these classes at West Middle School in Binghamton.

Water Aerobics      Mondays & Thursdays      4:00-4:30 pm

Open Swim              Mondays and Thursdays      4:30-6:00 pm

### **Osteoexercise Class**

Tone muscles using light weights.

Monday, 10:00 am

Broome West Senior Center

### **Strength & Strength Class**

Tuesday      1:30 pm

Johnson City Senior Center

### **Sunrise Yoga: Project Baptiste Foundation**

Wednesday 12:30 - 1:30 pm

Northern Broome Senior Center

### **Tai Chi**

Relieve stress, improve balance and increase flexibility. There is a \$3 charge.

Monday & Friday, 9:15 am

Northern Broome Sr. Center – No Fee

Tuesday, 10:30 am

Johnson City Senior Center

Thursday, 1:00 pm

Johnson City Senior Center

Thursday, 9:30 am

Broome West Senior Center

Friday, 9:30 am

Eastern Broome Senior Center - No Fee

Friday, 10:30 am

Vestal Senior Center

### **Zumba**

Low impact dance aerobics class. There is a \$3 charge for this class.

Monday & Friday, 9:30 am

First Ward Senior Center

Tuesday, 12:30 pm

Johnson City Senior Center

### **Exercise Equipment at Senior Centers**

Available Daily

Broome West, First Ward, Johnson City,  
Northern Broome, Eastern Broome

### **Participating Centers**

Broome West      785-3427

2801 Wayne St., Endwell

Eastern Broome      693-2069

27 Golden Lane, Harpursville

First Ward      729-6214

226 Clinton St., Binghamton

Johnson City      797-1149

30 Brocton St., Johnson City

Northern Broome      692-3405

12 Strongs Pl., Whitney Point

Vestal      754-9596

201 Main St., Vestal

Deposit      467-3953

14 Monument St., Deposit

\*Classes are generally one hour long unless otherwise indicated.

Contact Sofia at (607) 778-2411 for additional information.