

## For Immediate Release



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### East Hartford Senior Center Program Schedule

East Hartford, CT—East Hartford Senior Center is excited to present to you a series of upcoming events and programs. Please note, all classes are held at the East Hartford Senior Center, located at 70 Canterbury Street. For more information or to register please call 860-568-4281.

- **Fitness Class: Energetic Exercise**

**When:** January 2-February 27, 2020; Tuesdays and Thursdays from 10:30am-11:30am

**Fee:** \$34 for residents and \$39 for non-resident

**Where:** 70 Canterbury Street, East Hartford

**Details:** This class is designed for those who want to improve their strength, muscle tone and endurance through low impact aerobics, balance and resistance exercises. Modifications will be provided for all levels. **Registration is required. Please call 860-568-4281 to register.**

- **Fitness Class: Gentle Movement Chair Exercise**

**When:** January 7 through February 25; Tuesdays at 12:30pm-1:15pm

January 3 through February 28; Fridays at 11:30am-12:15pm

**Fee:** \$25 for residents and \$30 for non-residents

**Where:** 70 Canterbury Street, East Hartford

**Details:** Great for people of all activity levels. Those who are looking for easier, gentle exercise and those who are a little more fit. The class is designed to stretch, tone, activate and strengthen muscles that aren't regularly used in a typical workout. The class also includes breathing exercise and relaxation techniques.

- **Fitness Class: Gentle Yoga**

**When:** January 7 through February 25; Tuesdays 1:30pm- 2:30pm

Town of East Hartford – 740 Main Street – East Hartford, CT 06108 – 860-291-7200 – [easthartfordct.gov](http://easthartfordct.gov)

**Fee:** \$25 for residents and \$30 for non-residents

**Where:** 70 Canterbury Street, East Hartford

**Details:** Enhance coordination, balance, flexibility, and strength with gentle yoga. Class is conducted laying or sitting down on a mat, in a chair and/or standing. Breath work is combined with moderate yoga postures, stretching and slow movement. Students are encouraged to work at their own pace, honoring their strengths and limitations. Modifications are offered for most poses honoring varying abilities. Come calm the mind and move the body.

- **Event: Fitness Class: Line Dancing**

**When:** Available now on Wednesdays; 10:30-11:30 AM. No class on January 1 and February 12.

**Fee:** Free

**Where:** 70 Canterbury Street East Hartford

**Details:** Beginner to more experienced line dancers are welcome to join instructor, Rose for great exercise and a good time.

- **Event: Fitness Class: Senior Fitness**

**When:** December 6 through December 27, 2020; Fridays 2-3 PM

**Fee:** \$12 for residents and \$15 for non-residents

**Where:** 70 Canterbury Street, East Hartford

**Details:** This class combines gentle stretching and easy-to-follow moves to help stretch, strengthen and energize your body. De-stress and let loose as you groove to music from the 50's and 60's. Each class will begin with gentle stretches, followed by fun, lively dance and end with cool-down and guided relaxation. Modifications are offered and encouraged when necessary.

- **Fitness Class: Silver Sneakers Stability**

**When:** Available now on Mondays 2:30-3:15PM. No Class January 20 and February 17.

**Fee:** Free with Silver Sneakers Membership or \$3 per class without membership

**Details** Improve strength and power around the ankle, knee and hip joints to help your balance and reflexes. This class is designed for fall prevention and is suitable for nearly every fitness level. Must register.

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- **Fitness Class: Silver Sneakers Cardio and Weights**

**When:** Available now on Fridays; 12:30-1:30 PM.

**Fee:** Free with Silver Sneakers Membership or \$3 per class

**Details:** A safe heart-healthy and low-impact class that combines cardio with strength training for the upper body, lower body and core to maximize overall functioning. Must register.

- **Fitness Class: Silver Sneakers Strength, Balance and Stability**

**When:** Available now on Wednesdays 2:30-3:15 PM; No Class January 1 and February 12, 2020.

**Fee:** Free with Silver Sneakers Membership or a 10-class punch card for \$30.

**Details** Strength training can prevent muscle loss, keep your bones strong, increase mobility, and boost overall well-being. Must register.

- **Fitness Class: Beginner Tai Chi- 12 Form**

**When:** January 6 through February 24, 2020 on Mondays 10:30-11:30 AM. No class on January 1, 20 and February 17.

**Fee:** \$20 Resident \$25 Non-Resident

- **Fitness Class: Intermediate Tai Chi-24 Form**

**When:** January 3 through Feb 28, 2020 on Fridays 10-11:00 AM

**Fee:** \$20 for residents and \$25 for non-residents

**Details:** Tai Chi is a traditional Chinese mind-body practice that combines meditation with slow, gentle, fluid movements, deep breathing and relaxation. Studies have shown that tai chi can improve balance, coordination and flexibility; and reduce stress, stiffness and pain. Must register.

- **Fitness Class: Tap Dance**

**When:** January 7 through February 25, 2020; Tuesdays 9:15-10:15 AM

**Fee:** Free for residents and non-residents

**Details:** Practice your shuffles and steps, learn a routine and a get aerobic workout in this friendly class for tappers with experience. Must register.

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- **Fitness Class: Zumba for Seniors**

**When:** January 6 through February 24 on Mondays. No Class on January 1 and 20.

January 8 through February 26 on Wednesdays. No Class on February 12 and February 17, 2020.

Both classes are 9:15-10:15 AM.

**Fee:** \$27 for resident and \$32 for non-residents

**Details:** Put the fun back into fitness! Join the party! This class provides a more intense level of exercise than a Zumba Gold class. Must register.