



# SCARSDALE SENIORS

## 2021 WINTER SERIES

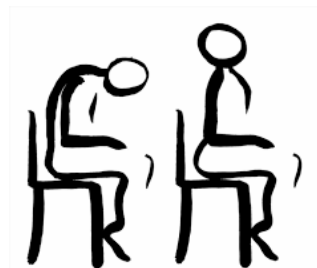
## EXERCISE PROGRAMS

The Scarsdale Parks, Recreation & Conservation Department is pleased to announce that three exercise programs have been schedule via Zoom for our seniors to enjoy cost free. Simply log on to the Zoom link you will be provided once registered for each class at the scheduled class time and enjoy!

### Monday - 9 AM - CHAIR YOGA - with Judy Schwartzman

1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22 (11 sessions)

De stress in this 45 minute seated and standing class as we move through poses that tone and stretch our bodies from head to toe to ease aches and pains, work on our balance, and use breath work to relax our minds.



### Wednesday - 11 AM - Strength and Grace- with Judy Schwartzman

1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24 (11 sessions)

In this 45 minute class tone your body through a series of Barre and Yoga inspired exercises using only your own body weight and a chair for balance or to sit on. No equipment necessary as we strengthen and lengthen muscles, improve core strength for a healthy back, work on balance and let out our inner ballerinas.



### Thursday—10:30 AM—Tai Chi Class on Zoom with Master Domingo Colon

1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25 (11 sessions)

This is an easy to follow seated 45 minute Tai Chi class. Nothing to learn ...nothing to memorize.

We'll work on relaxation, balance, breathing, strength, and flexibility all performed in a comfortable and safe seated position.

The class will include: Meditation/relaxation technique, Tai Chi Chi Gung exercises for increasing flexibility and energy, and Tai Chi Choreography to create the slow, smooth, and soft movements of classical Tai Chi with which people are familiar. You will finish this fun class feeling refreshed and rejuvenated.



Register online NOW @ [www.scarsdale.com/recreation](http://www.scarsdale.com/recreation)