50+ WELLNESS PROGRAM

COM 09 - Yoga and Pilates $95 ON CAMPUS
Fri / Jan 28 - Mar 25 / 10am-11:30am
In this course you will gain flexibility & strength, improve posture & balance and practice mindfulness with this mix of Hatha/Vinyasa Yoga combined with Pilates exercises. Please have a yoga mat.
Yoga strap and blocks are optional. No class Feb 11th.

COM 15 - Line Dancing $95 ON CAMPUS
Fri / Jan 28 - Mar 25 / 11:45am-1:15pm
Get a fun, easy, and low impact workout with line dancing! We’ll dance to a wide variety of music, including all the classics as well as some newer hits! Bring dance shoes or soft soled sneakers without treads. No class Feb 11th.

COM 17 - Indoor Walk and Tone $95 ON CAMPUS
Sat / Jan 29 - Mar 26 / 10am – 11:30am
Join us for a fun walk outdoors in a centralized location. The 2nd part of the workout will be using light weights and resistance bands to tone your muscles. Centralized location will be announced. No class Feb 12th.

COM 36 Conscious Contentment $35 ONLINE
Wed / Feb 9 - Feb 23 / 7pm-8pm
Conscious Contentment workshop is an actively engaged heightened awareness that shifts an individual from agitated to tranquil when imbalances and stress arise. This integrated approach utilizes breath work, wellness principles, aromatherapy applications as well as finding creative spaces of sanctuary.

COM 139 Ballet Exercise for Arthritis $80 ONLINE
Mon / Jan 24 - Mar 21 / 10am-11am
The Arthritis Workout is getting a boost! This class combines modified ballet fundamentals designed to lengthen and strengthen your muscles to promote joint health. Class will also focus on posture, alignment, and core strengthening. The structure of the class will include modified barre work, as well upper and lower body exercises. You will need a chair or counter for support, and a light -to -medium exercise band. Ballet slippers are not necessary, you may go barefoot or wear socks for ballet exercise, athletic shoes are suggested for strengthening portion of the class.
No class Feb 21st.

COM 92 - Osteoporosis Workout $90 ONLINE
Thurs / Jan 27 - Mar 24 / 10am-11am
Taught by a physical therapist and consists of range of motion exercises, strengthening exercises, aerobic exercise and balance activities designed to improve your health and fitness with slow, controlled movements, and weight bearing exercises which are recommended for people with osteoporosis. Class will emphasize form and posture for safe and effective exercise. Wear comfortable clothing & Supportive sneakers. Have for use Exercise bands of medium to medium-firm intensity (green and blue) 1 set of 1 lb dumbbells, 1 set of 2 lb -3 lb dumbbells, 1 set of ankle weights 2-3 lbs.

COM 137 Healing One Pot Meals $25 ONLINE
Wed / Feb 16 & Feb 23 / 10am-11am
Need some dinner inspiration this winter? Make your life simple with these healing healthy soups and plant based one pot meals that barely requires a clean-up.

COM 140 Learn About The Antiques In Your Attic, Garage and Closets $50 ONLINE
Tues / Feb 8 - Mar 1 / 7pm-8:30pm
Explore the history and the value of antiques & collectibles within a specific topic each week. Share an item for research/ appraisal.

COM 141 Shake the House: a new perspective on Spring Cleaning $25 ONLINE
Thurs / Mar 3 - Mar 10 / 7pm-8pm
Led by professional organizer Tina O’Keeffe, learn to think outside the confines of “spring cleaning”. The course will focus on why and when we organize, how to organize and strategies to overcome the common pitfalls that keep us from being organized. General organizing expertise as well as case studies will be shared.

Aging Mastery Program - Spring Term dates to be announced.
For more information- Call Susan 347-260-3891

$25 Registration fee is waived for ALL 50+ Wellness courses!
FREE designated guest parking is available on campus.
For more information, Email: Susan.Lavin@Kbcc.cuny.edu or call 718 368 5079