



# 55+ Wellness Program

FOR ANYONE 55+ YEARS OF AGE!

## SUMMER SESSION

July 12 to August 18

Registration Begins on June 14th!

MONDAYS 7/12— 8/16	WEDNESDAYS 7/14— 8/18
<p><b>11:45am—12:45pm Aqua-size</b> A water aerobics class geared to exercise without stress. Your “wet workout” will be held in shallow water. Bring bathing suit &amp; towel.</p> <p><b>12:00 – 130pm Zumba Fitness</b> A fun aerobic workout with a mixture of body sculpting movements and easy to follow Latin dance steps. Bring 2-3lb weights.</p> <p><b>2:00 – 3:30pm Let’s Dance</b> Enjoy a fun-filled dance class. Learn the graceful art of ball-room dancing as well as the rhythmic movements of Latin dance. No experience or partners needed.</p> <p><b>2:00– 3:30pm Caricature Sketching</b> This class combines instructor demonstrations and hands on sketching. As you learn these new skills you will see a fun new way of seeing the world. No experience required.</p> <p><b>3:45-5:15pm Cross Training</b> Cardiovascular exercise &amp; weight training class. Bring 2lb to 3lb weights and exercise bands.</p>	<p><b>11:45am—12:45pm Aqua-size</b> A water aerobics class geared to exercise without stress. Your “wet workout” will be held in shallow water. Bring bathing suit &amp; towel.</p> <p><b>12:00—1:30pm Tai Chi</b> Slow moving exercise that combines mental concentration, slow breathing and soothing dance – like movements to increase chi (life energy). Bring mat.</p> <p><b>2:00—3:30pm Art to Wear</b> Update your old wardrobe with your own hands! Learn how to recondition your clothes and accessories with the use of trim, crochet, beads, paint and more. No experience needed.</p> <p><b>2:00-3:30pm Yoga &amp; Pilates</b> This exercise targets the abs and back while building your flexibility and improving your balance. This activity is a great source of relaxation and weight control. Bring mat &amp; yoga belt.</p> <p><b>3:45-5:15pm Tap Dance</b> Tap dance lessons. No experience needed. Preferred tap shoes or bring hard sole shoes.</p>

**FREE WORKSHOP WITH ANY COURSE!!!**

**TUESDAYS 7/13—8/17 2:30-5:00pm**

**Healthy Living With Chronic Conditions—** Learn how small steps can lead to positive life changes, including greater self-confidence and increased ability to manage day-to-day living. Topics covered include: exercise, stress reduction and depression management, taking care of your illness, and carrying out your normal activities. You do not need to have a chronic condition to register, everyone is welcome.



**ONE DAY SEMINARS: 1:00PM TO 2:30PM COST \$10.00 EACH**

**Tuesday, July 20— Your Health From Your Body Language**  
Health, face reading, palms, toes, and personality auras, explanation of relationships will be covered. No one will be left out. It’s a positive energy atmosphere and you will leave with a profound understanding of yourself.

**Tuesday, August 3— Eating for Energy**  
Wonder what your life would be like with an abundance of energy and vitality? Learn what foods are best to eat to increase your energy.

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**BRING LOCK TO SECURE YOUR PERSONAL ITEMS IN A LOCKER  
FREE PARKING FOR ALL REGISTERED PARTICIPANTS!**

**Call Today to Register! 718-368-5050**

**One 6 session course — \$50 | Two or more 6 session courses — \$40 per course**