

also...

In addition to the Forever Young Program, PEAC offers enriching programs that may be of interest to our senior community:

PEAC PICKLEBALL



We look forward to seeing you!



ENJOY COMPLIMENTARY

Bagels and Coffee

EVERY TUESDAY & THURSDAY 9-11:00

Forever Young 2020 MAR-APR



FOR INDIVIDUALS 50+

Knit Wits

SOCIAL KNITTERS' CLUB
Wednesdays @1pm

Join the fun as we work on projects for those in need such as caps for oncology patients and scarves for the homeless. An instructor will be on hand to help beginner knitters.

Forever Young also holds fun challenges, craft projects, birthday celebrations and seasonal parties throughout the year. PEAC members are welcome to attend all FY events free of charge.

Non-members: \$10/visit
age 62 and older: \$5/visit

PEAC

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PEAC

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1440 Lower Ferry Rd • Ewing, NJ 08618
609.883.2000 • www.PEAChealthfitness.com

PEAChealthfitness.com/seniors

class schedule

MONDAY

10:30 Ab Lab **15 mins**.....Megan | Track
10:45 JUST DANCE! **45 mins**.....Megan | S2

TUESDAY

9:00 Have A Ball **55 mins**.....Susie | Turf
9:30 Core & More XPRESS **30 mins**.....Connie | S1
10:00 Cardio Interval **30 mins**.....Connie | S1
10:00 Walk 'N' Weights **45 mins**.....Susie | Track
10:30 Chair Yoga Fusion **45 min**....Leslie | S3
11:15 Balance Barre **15 mins**.....Leslie | S3

WEDNESDAY

9:30 WeightCircuit XPRESS **30 mins**.....Susie | Flr
10:00 Just Core **30 mins**.....Susie | Track
10:45 JUST DANCE! **45 mins**.....Megan | S2

THURSDAY

9:00 Have A Ball **55 mins**.....Susie | Turf
9:30 Core & More XPRESS **30 mins**.....Megan | S3
10:00 Cardio Interval **30 mins**.....Megan | S3
10:00 Walk 'N' Weights **45 mins**.....Susie | Track
10:45 Chair Yoga Fusion**45 mins**.....Leslie | S3
11:45 Drums Alive **45 mins**.....Carol | S3

FRIDAY

10:45 Zumba Gold **45 mins**.....Connie | S1

All classes are considered appropriate for adults 50 and over, regardless of physical condition or experience. It is recommended that you exercise at your own pace and consult your physician before starting this or any exercise program.

about

The Forever Young (FY) Program has been specifically designed for individuals over 50 to encourage, inform, educate and promote:

- **health & fitness**
- **exercise & flexibility**
- **wellness & nutrition**
- **meeting new people & having fun!**

descriptions

Ab Lab (15 mins) *This is one hard-core ab routine that will get your heart pumping. It only requires 15 minutes of your time, plus some sweat and grit—no equipment needed.*

Balance Barre (15 mins) *This 15 minute express class is designed to help improve balance. The movements focus on specific exercises to improve strength around the ankle, knee, hip joints and core, while improving your reaction time. Designed to use the barre for stability, this class is suitable for every fitness level.*

Cardio Interval (30 mins) *Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance.*

Chair Drums Alive (45 mins) *This unique drumming cardio workout is performed using a stability ball, risers, and drum sticks. The rhythmical patterns of the drum increases synchronization of brain wave activity which in turn provides feelings of euphoria and improved mental awareness and self-acceptance. Try this fun, stress relieving calorie burner! All levels are welcome. chair or standing options available.*

Chair Yoga Fusion (45 mins) *With a chair for support, this class challenges the body and mind through strengthening, stretching, relaxing and breathing. Flexibility, and muscle tone will continually improve as your mind, body and spirit work together in harmony.*

Core & More XPRESS (30 mins) *This 30 minute express class focuses on strengthening the core and improving balance, with segments of endurance strength work.. Hand-held weights and an exercise ball are used to increase muscle strength, range of movement, and to improve upon activities for daily living.*

Have A Ball (55 mins) *This one of a kind class focuses on stability. Using a large exercise ball and mat you will improve balance, posture and alignment while building core strength.*

Just Core (30 mins) *This 30 minute core class combines stability and medicine balls, mat work and stretches to work the total abdominal area.*

JUST DANCE! (45 mins) *This dance workout that improves cardio endurance and burns calories. Just Dance! is all about breaking a sweat and having fun.*

Walk 'N' Weights (45 mins) *This class combines strength and cardio. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Week-end classes are 30 minutes. Weekday classes are 45 minutes.*

Weight Circuit XPRESS (30 mins) *This 30 minute weight floor circuit is designed to answer all of your questions about our equipment. You can challenge yourself using the weight machines on the floor under the supervision of two trainers.*

Zumba Gold (45 mins) *We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba combines all elements of fitness: cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.*