

When it comes to health and fitness, it's important to focus on both. Often times, it isn't until retirement that we can develop new skills and expand special interests. The ERJCC offers a wide variety of classes to improve strength, balance, stability stamina, health and resilience. We don't just target weight loss or muscle building. We have a whole new series of "Active Adult" classes that include working on your memory, blood sugar regulation, reducing anxiety and improving sleep. The National Institute on Aging and The National Institute of Health recommends that adults in the 50+ population get 2.5 hours of moderate intensity endurance exercise each week. To help you achieve this goal, we have designed and developed a wide variety of classes.

# classes for active adults

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Masters Swim Team-Adults</b> 6:30 - 7:30 AM	<b>Deep Water Fitness</b> 7:15 - 8:15 AM	<b>Masters Swim Team- Adults</b> 5:30 - 6:30 AM	<b>Deep Water Fitness</b> 7:15 - 8:15 AM	<b>Masters Swim Team Adults</b> 5:30 - 6:30 AM	<b>Hatha Yoga I</b> 9:15 - 8:15 AM
<b>Get in Shape with Hula Hoop</b> 10:00 - 10:45 AM	<b>NIA</b> 8:00 - 9:00 AM	<b>Basic, Beginner Pilates Mat 101</b> 8:30 - 9:30 AM	<b>Senior Water Fitness</b> 9:00 - 9:45 AM	<b>Basic, Beginner Pilates Mat 101</b> 8:30 - 9:30 AM	<b>Deep Water Fitness Class</b> 7:15 - 8:15 AM
<b>Tai Chi I</b> 4:00 - 5:00 PM	<b>Senior Water Fitness</b> 9:00 - 9:45 AM	<b>Deep Water Fitness</b> 9:15 - 10:15 AM	<b>Hatha Yoga I</b> 9:15 - 10:15 AM	<b>Ballet/ Barre/ Flexibility/ Strength/-Building Workout</b> 9:00 - 10:00 AM	<b>Senior Water Fitness</b> 9:00 - 9:45 AM
<b>Intro to Tai Chi- New Students</b> 5:00 - 6:00 PM	<b>Cardio Fusion-AOA</b> 9:00 - 10:00 AM	<b>Zumba</b> 9:45 - 10:30 AM	<b>Beginning Drawing</b> 9:30 AM - 12:30 PM	<b>Deep Water Fitness</b> 9:15 - 10:15 AM	<b>Stay Young Through Fitness</b> 11:05 AM - 12:00 PM
<b>Intro to Ballroom Dancing</b> 5:00 - 6:00 PM	<b>Cardio Dance</b> 9:30 - 10:30 AM	<b>Mah Jongg Lessons</b> 10:00 AM - 12:00 PM	<b>Get In Line and Dance</b> 9:30 - 10:30 AM	<b>Masala Bhangra Workout</b> 10:00 - 11:00 AM	<b>Classes set by appointment with instructor:</b>
	<b>Stay Young Through Fitness</b> 11:05 AM - 12:00 PM	<b>Painting</b> 12:30 - 3:30 PM	<b>Painting</b> 10:00 AM - 1:00 PM	<b>Mah Jongg Lessons</b> 10:00 AM - 12:00 PM	<b>New! H2O Post Rehab-Adults</b>
	<b>Painting</b> 12:30 - 3:30 PM	<b>Yoga Piia</b> 5:30 - 6:30 PM	<b>Memories to Memoirs</b> 10:00 AM - 12:00 PM	<b>50+ Hatha Yoga</b> 10:30 - 11:30 AM	<b>New Aqua-Tech-Adults</b>
	<b>Basketball League- Adults 35+</b> 7:00 - 10:00 PM	<b>Mat Pilates</b> 6:00 - 7:00 PM	<b>Zumba Gold</b> 10:00 - 11:00 AM	<b>Let's Dance</b> 10:30 - 11:30 AM	<b>Private Swim lessons- Adults</b>
	<b>Pilates Mat</b> 7:30 - 8:30 PM	<b>Zumba</b> 6:00 - 7:00 PM	<b>50+ Hatha Yoga</b> 10:30 - 11:30 AM	<b>Today's News</b> 10:30 - 11:45 AM	<b>Semi Private Swim lesson- Adults</b>
		<b>Ballet/ Barre/ Flexibility/ Strength/-Building Workout</b> 6:30 - 7:30 PM	<b>Stay Young Through Fitness</b> 11:05 AM - 12:00 PM	<b>Advanced Drawing</b> 1:00 - 4:00 PM	
		<b>Jewelry Making</b> 6:30 - 9:30 PM	<b>Book Club (1<sup>st</sup> Wednesday of every month)</b> 12:45 - 1:45 PM	<b>Essential Mat Pilates</b> 6:00 - 6:45 PM	
		<b>Get in Shape with Hula Hoop</b> 6:30 - 7:30 PM	<b>Ceramics Workshop</b> 1:00 - 3:00 PM	<b>Zumba</b> 6:00 - 7:00 PM	
		<b>Pilates Mat</b> 6:30 - 8:30 PM	<b>Memories to Memoirs</b> 2:00 - 4:00 PM	<b>Beginning Ring Making</b> 6:30 - 9:30 PM	
		<b>Power Yoga</b> 7:00 - 8:00 PM	<b>Beginner/Gentle Yoga</b> 5:30 - 6:30 PM	<b>Mah Jongg Lessons</b> 7:00 - 9:00 PM	
		<b>Beginning Guitar I</b> 7:00 - 8:00 PM	<b>Hatha Yoga I</b> 6:30 - 7:30 PM	<b>Intro To Ballroom</b> 7:30 - 8:30 PM	
		<b>Aqua H.I.T. (high intensity training)</b> 7:00 - 7:45 PM	<b>Beginning Drawing</b> 6:30 - 9:30 PM		
		<b>Mah Jongg Lessons</b> 7:00 - 9:00 PM			
		<b>Hatha Yoga I Pilates Mat</b> 7:30 - 8:30 PM			
		<b>Guitar 2</b> 8:15 - 9:15 PM			