



SENIORS WORKOUT SERIES

Strengthen your mind and body!

The Co-op School presents a FREE group exercise program designed especially for seniors! *Saturdays listed below, 10am-11am*

- **Sat., Jan.11: *Silver Zumba with Gabriella!***

Silver Zumba takes the "work" out of workout, by creating a music-driven, interval-style, dance fitness party designed for seniors. Silver Zumba activates the inner grooves of all ages.

- **Sat., Jan. 18: *Low Impact Cardio with TJ!***

Come and get your body moving with this low impact cardio class! We will work on overall fitness by refining moving, stretching and breathing techniques. Hope to see you there!

- **Sat., Jan. 25: *Kundalini Yoga for beginners with Ofrit!***

We will take a seat on a chair or mat, listen to our bodies, breath, stretch and chant while we connect to our inner wisdom.

- **Sat. Feb. 1: *Gentle Pilates with Molly!***

Pilates exercises—which help build overall strength, stability, and coordination—are incredibly functional and can help you maintain your independence.



THE
CO-OP
SCHOOL

For questions, call 347-721-3408
Location: 644 Gates Ave.
Multipurpose Room