

Exercises Classes at the Parsippany Senior Community Center

Senior Fitness Class: This 60-minute class is designed to help develop strength, balance, flexibility and improve your general well-being. Each class begins with a warm up consisting of simple low impact aerobic movements. Then we move into strength and core exercises using dumbbells and resistance bands (provided for you). Our standing exercises are done with the support of a chair and these exercises help improve your balance and overall flexibility. At the end of class, we perform static stretches of both the upper and lower body. Overall, this class is a full body workout for beginners and active agers, but all levels are welcomed. Wear comfortable clothing and sneakers and bring a water bottle to class.

Chair Yoga: This 60 minute class is a gentle form of yoga where the practice is done while seated on a chair, and also standing on the ground while using the chair for support. Chair-based yoga offers the same benefits as traditional yoga, increasing muscle tone and strength and improving balance and flexibility. In addition, chair yoga boosts your mood and mental well-being. No prior yoga experience is necessary and modifications to the practice are always offered to accommodate all levels. Wear comfortable clothing and sneakers and bring a water bottle to class. No yoga mats required.

Tai chi: is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.

Jazzercise Lo: This is an exercise program targeted to meet the needs of active, older adults. JAZZERCISE LO uses minimal impact for maximum results. Get your heart rate up without a hop, skip, or jump in our signature dance-based class format. High impact movements are replaced with muscle-focused alternatives to protect your joints and maximize your results.

Health and Fitness Exercise Group: Our group exercises the waist, arms, ears, eyeballs, hands, and feet for overall health. We also use our fingertips to apply pressure to the meridian points, aka, acupressure points, where we believe the meridians are like the energetic highways of the human body and most illnesses are the result of the blockage in the meridians. The pressure will allow the flow of energy, known as Qi, which will increase blood circulation throughout the body. We also do some weight training. Thursdays at 1pm.

Grand Dancing: We learn many different modern line dances and traditional Chinese dances.

Healthy Bones: Project Healthy Bones Curriculum includes exercises that target the body's larger muscle groups which are designed to improve strength, balance and flexibility.

3/2023 (See Senior Center Exercise Calendar for days and times of these classes.)