

Dobbs Ferry

Senior Fitness Club

Mondays:



***Chair Yoga: 10 - 11AM**

A gentle form of yoga for improved physical and mental fitness.

Tai Chi: 11AM - 12PM

A graceful form of exercise involving a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Wednesdays:

Senior Exercise: 11AM - 12PM

A low-impact workout appropriate for older adults looking to improve their strength, flexibility and balance.



Fridays:

Yoga: 11 AM - 12 PM

Improve your strength, flexibility, and mobility through yoga poses specially adapted for seniors at any level of health and fitness.



\$40 for Dobbs Ferry Residents
\$60 for Non-Residents

Classes will begin September 11th and end in June. No classes on Holidays

All classes will take place at the Dobbs Ferry Library at 55 Main Street

***Chair Yoga - Free class supported by grant through WCC**

Dobbs Ferry Seniors and Recreation
Fitness Club Registration Form

Name: _____ Gender: _____ Date of Birth: ____/____/____

Phone Number: _____ Email: _____

Address: _____

Emergency Contact: _____ Number: _____

Program: Dobbs Ferry Senior Fitness Club 2017/2018

As a participant in the above program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risks of any injuries, damages or loss which I or my child may sustain as a result of such participation. I further understand that the Village of Dobbs Ferry does not provide accidental medical coverage and it is my responsibility to provide appropriate coverage. I agree to waive and relinquish all claims and hold harmless the Village of Dobbs Ferry, Parks and Recreation Department, its officers, agents and employees from any and all claims.

Signature _____ Date _____

For more information, please call 231-8529