

Village of Dobbs Ferry Senior Fitness Club

Mondays: Line Dancing: 10:30 - 11:30am
Alternating weeks a type of country and western dancing in which dancers line up in a row and follow a choreographed pattern of steps to music.



Dance Exercise: 11am - 12pm
 or A physical activity that's rhythmic in nature and can be sustained for at least 10 min. It has its origins in traditional dance but is modified for older adults.

Tuesdays: **Chair Yoga: 9:30 - 10:30am
 A gentle form of yoga for improved physical and mental fitness.



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 and end in June. No classes on Holidays. *See monthly senior calendar for details*

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

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

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 - Fall 2018-Spring 2019

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