

LIVE WELL @ THE JCC

ZUMBA GOLD

Instructor: Peggy Potter

Zumba Gold is geared towards the active older adult and the deconditioned exerciser. It is less intense and moves at a slower pace. This aerobic program is inspired by various styles of Latin American dance and performed to all types of music.



Peggy Potter is a fitness instructor who teaches classes throughout central New Jersey. Peggy has a Bachelor of Arts in Health & Recreation from Kean University.

She is also certified with the YMCA to be a group exercise instructor in the areas of cycling, cardio and step, strength and conditioning and Pilates. Peggy is a certified Zumba and Punk Rope instructor and is trained in CPR/PRO, lifeguarding and First Aid. Peggy specializes in cardio and strength training, athletic agility, dance and stability ball. Peggy believes that everyone can be successful in achieving one's health and fitness goals. She creates a positive environment in all areas of teaching, coaching and training. Peggy believes that people come to workout to have fun, make friends and get fit... in that order!



DATE: TUESDAYS, September 5, 12, 19, 26, Oct. 3, 10, 17, 24, 31, 2017
TIME: 9:00—10:00 AM
COST: FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!*

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Jewish Community Center of Middlesex County
1775 Oak Tree Road
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TAI CHI

We are very happy to welcome a new Tai Chi instructor. Bob Matland is a resident of Edison and is the owner of the Black Belt Institute in Metuchen. Bob has been teaching Tai Chi since 1999 after receiving instruction from 4 different Master and Grand Master instructors. Bob enjoys teaching Tai Chi to all members of the community and understands the importance of this form of exercise for the older adult.

Tai Chi is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**INSTRUCTOR:
BOB MATLAND**



DATE: MONDAYS, Sept. 11, 18, 25 Oct. 2, 9, 16, 23, 30, 2017
TIME: 9:00—10:00 AM
COST: FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!*

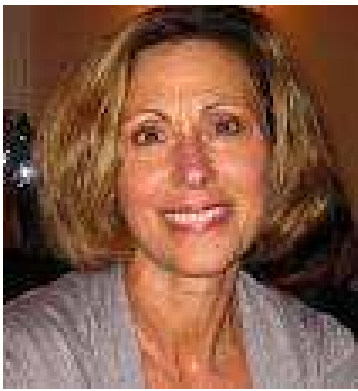


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CHAIR YOGA

INSTRUCTOR: Karen Rosen



Nourish your body and mind in this guided stretch using a chair as an extension and support for your body. Increase your mobility and calm your mind. Each class will include guided breathing and inner stillness and relaxation. All poses can be modified to fit all body types. For your comfort please wear loose, comfortable clothing. This class can also be done standing.

Karen Rosen has been a registered Yoga instructor since 1995. She is a member of the International Association of Yoga Therapists. She enjoys bringing the many benefits of yoga to all.

DATE: WEDNESDAYS, Sept. 6, 13, 20, 27 Oct. 4, 11, 18, 25
TIME: 12:00—1:00 PM
COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!!!*



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LOW IMPACT CARDIO FUSION

Instructor: Peggy Potter



Low Impact Cardio Fusion is a functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility. Class will include aerobics and use of weights.

DATE: THURSDAYS, Sept. 7, 14, 28 Oct. 19, 26
TIME: 10:30—11:30 AM
COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through mid June 2018. *MUST REGISTER!!!*

Sorry, No Refunds



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