

JANUARY SENIOR CLASSES 55+ OLDER

Register:

Please click on the following link to sign into your account <https://webtrac.tamarac.org/> Your User ID & Password is the one you originally created upon registration.



City of Tamarac Virtual

ZOOM ONLY

Monday	Tuesday	Wednesday	Thursday	Friday
Tai-Chi 9AM Active Members Only	Creative Writing - 10AM Active Members Only	Yoga - 10AM Active Members Only	Jazzercise - 10AM Active Members Only	<u>Tai-Chi</u> - 8:30AM Active Members Only
Jazzercise - 10AM Active Members Only	Jazzercise - 10AM Active Members Only	Sit & Fit – 11:30AM Active Members Only	Chair Yoga & Meditation 11:30AM Active Members Only	Jazzercise - 10AM Active Members Only
Kickboxing Lite- 10:30AM Active Members Only	Mat Yoga & Mediation- 11:30AM Active Members Only	Beginning Line Dance-1PM Active Members Only	Spanish for Beginners 12 PM Active Members Only	Clay Workshop 10:30AM Active Members Only
Sit & Fit – 11:30AM Active Members Only	Cardio Gold – 12:45PM Active Members Only	Happy Hour- 1:30 PM Active Members Only		Sit & Fit 11:30AM Active Members Only
YOGA – 12:30PM Active Members Only		Intermediate Line Dance 2:00PM Active Members Only		Chair Yoga 12:45PM Active Members Only

Note: Active Members log in codes were emailed.

Senior Zoom Classes – with instructor and descriptions

Tai Chi/Qigong – Mondays at 9 AM and Fridays at 8:30AM - with Mark

Tai Chi is a low impact class which uses slow, gentle movements and breathing techniques to improve a variety of cognitive components, including focused attention, imagery and multi-tasking. Qigong is also a gentle exercise composed of movements that are repeated several times, often stretching the body with fluid movements that build and awareness of how the body moves thru space.

Kickboxing Lite – Mondays at 10:30 AM with Mark

Senior Kickboxing class that will help improve coordination, flexibility, and core strength.

Creative Writing – Tuesdays at 10 AM - with Janice

If you enjoy writing Short stories poetry or your personal history, please join us for our creative writing workshops.

Jazzercise – Mondays, Tuesdays, Thursdays, Fridays at 10 AM – with Warren

Jazzercise is a 60 - minute dance-based group fitness program. This class features a Fusion of dance resistance training, Pilates, yoga, kickboxing and Latin style movements set to popular music.

Yoga- Monday at 12:30 PM, Wednesdays at 10:00 AM – with Beth

Mat yoga for all levels.

Happy Hour – Wednesdays at 1:30 PM with Michelle & Charlene

Join Michelle, Charlene and friends for lunch or a visit and a lively chat. Weekly discussions will vary. Bring your ideas!

Sit and fit – Mondays, Wednesdays, Fridays at 11:30 AM – with Debbie

This Creative chair-based workout utilizing props from home with weights, water bottles, pillow or ball, necktie, towel or belt.

Mat Yoga & Meditation – Tuesdays at 11:30 AM – with Debbie

Mat yoga class with the last 10 minutes of class dedicated to meditation.

Chair Yoga & Meditation – Thursdays at 11:30 AM – with Debbie

Chair yoga class with the last 10 minutes of class dedicated to meditation.

Chair Yoga – Fridays at 12:45 PM – with Debbie

Chair yoga class. All levels welcome.

Cardio Gold – Tuesdays at 12:45 PM with Debbie

Join Debbie for a low impact heart pumping class suitable for most beginners or experienced fitness fans, including a warmup, and cool down and a series of balance, stability, flexibility and strength exercises. Participants learn new body awareness and can use light hand weights and a chair as tools.

Spanish for Beginners – Thursdays at 12 PM with Natacha

Spanish class for beginners.

Absolute Beginner Line Dancing – Wednesdays at 1 PM with Helaine

Beginner Line Dance class for those with no experience.

Intermediate Line Dancing – Wednesdays at 2 PM (30-minute class) with Helaine

Line Dance class for experienced Line Dancers.

Clay Workshop – Fridays from 10:30 AM with Michele

Classes will consist of participants working independently on various projects. Participants will schedule time with instructor to pick up clay for projects and for dropping off finished projects to be fired.