



# Adult/Senior Summer VIRTUAL Fitness Schedule



**LIVINGSTON  
NEW JERSEY**  
SENIOR, YOUTH & LEISURE SERVICES

## Stay Fit at Home with Virtual Workouts

Pre-registration required & currently open at [Community Pass](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chair Yoga 9:30—10:30 am	Yoga Level 1 10—11 am	Barre Above 8:45—9:45 am	Yoga level 1 10—11 am	Zumba Toning 9—10 am	Zumba 9:15—10:15 am
Zumba Gold 11—11:45 am		Zumba Gold 10—10:45 am		Chair Yoga 10:15—11:15 am	
		Chair Yoga 11 am—12 pm		Pilates 11:30 am—12:30 pm	
<b>Evening</b> Cardio Fusion 5-6 pm	<b>Evening</b> Yoga Level 2 7:15—8:15 pm		<b>Evening</b> Yoga Level 2 7—8 pm		

**Pre-registration required** online at [Livingstonnj.org/SYLS](http://Livingstonnj.org/SYLS)

Please call 973-535-7925, option 8, M—F, 8:30 am—4:30 pm or  
email [lbranquinho@livingstonnj.org](mailto:lbranquinho@livingstonnj.org)