



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 (7/6–8/17)	Tuesday (7/7–8/18)	Wednesday (7/8–8/19)	Thursday (7/9–8/20)	Friday (7/10–8/21)	Saturday* (6/27–8/22)
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	
Evening Cardio Fusion 5–6 pm	Evening Yoga Level 2 7:15–8:15 pm		Evening Yoga Level 2 7–8 pm		*No class 7/4, 8/8

Pre-registration required online at Livingstonnj.org/SYLS

Please call 973-535-7925, option 8, M–F, 8:30 am–4:30 pm or
email lbranquinho@livingstonnj.org