

Senior Center Wellness Activities

Broome West Senior Center
2801 Wayne Street, Endwell
(607) 785-3427

Bonesaver Class

Monday and Wednesday 10am
Low-intensity class, using light weights to help prevent/decrease osteoporosis and improve Balance.

Zumba (\$3 per class)

Tuesday at 9:30am
Thursday at 1:30pm
Based on dance moves
Choreographed to Latin and International music.

Stay Well Chair Exercise

Tuesday and Thursday 11:00am
Increase flexibility, range of motion, and circulation.

Line Dancing w/ Joni Duff

Friday at 9:30am

Exercise Equipment

Available Daily

Wii Play

Daily

Eastern Broome Senior Center
27 Golden Lane, Harpursville
(607) 693-2069

Zumba (\$3 per class)

Monday at 1:00pm
Based on dance moves choreographed to Latin and international music.

Senior Stretch Class

Tuesday 8:45-9:30am
Chair exercises intended to increase flexibility, range of Motion and circulation.

Wii Games

Friday

Stretch Band Exercise Class

Friday 10:45-11:30am
Exercises using resistance band tubing to improve flexibility, strength, and muscle tone.

Exercise Equipment

Available Daily

Northern Broome Senior Center
12 Strongs Place, Whitney Point
(607) 692-3405

Zumba (\$3 per class)

Wednesday at 3:45pm
Based on dance moves choreographed to Latin and international music.

Osteoporosis Prevention

Thursday at 10:15am
Low-intensity class using weights to help prevent/decrease Osteoporosis and improve balance.

Wii Bowling

Thursday

Exercise Equipment

Available Daily

Vestal Senior Center
201 Main Street, Vestal
(607) 754-9596

Zumba (\$3 per class)

Monday at 8:30am
Based on dance moves choreographed to Latin and international music.

Walking Group

Monday/Wednesday/Friday
8:00—9:00am

Wii Open Play

Monday/Thursday at 9:30am

Chair Yoga with Jim Holley

Friday 1-2pm
Chair Yoga provides many of the benefits offered by vigorous yoga, however postures and movements are very gentle, easy to maintain and adapted to each students ability.

Pickleball

Friday 7:30-10:00am

Senior Center Wellness Activities

Deposit Senior Center
14 Monument Street, Deposit
(607) 467-3953

Wii Play
Available Daily

First Ward Senior Center
226 Clinton Street, Binghamton
(607) 797-2307

Zumba (\$3 per class)
Monday at 10:00am
Based on dance moves choreographed to Latin and international music.

Chair Yoga with Jim Holley
Tuesday at 10:00am
Chair Yoga provides many of the benefits offered by vigorous yoga, however postures and movements are very gentle, easy to maintain and adapted to each student's ability.

Osteoporosis Prevention
Thursday at 9:30am
Low-intensity class, using light weights to help prevent/decrease osteoporosis and improve balance.

Exercise Equipment
Available Daily

Johnson City Senior Center
30 Brocton Avenue
(607) 797-3145

Zumba (\$3 per class)
Tuesday at 12:15pm
Based on dance moves choreographed to Latin and international music.

Bonesaver Class: *Tues. at 2:30pm*
Low-intensity, using light weights to help prevent/decrease osteoporosis & improve balance.

Tai Chi (\$3 per class)
Thursday at 1pm
Relieves stress, improves balance, increases flexibility & wellness.

Staying Fit & Healthy
Thursday at 2:30pm
Stretching and light aerobics with weights.

Gentle Yoga (\$3 per class)
Friday at 10am

Exercise Equipment
Available Daily—Except Mondays from 9:00am-12:00pm and Thursdays from 12:30-4:00pm

Oak Street Senior Center
58 Oak Street, Binghamton
(607) 724-1220

Gym Walking
Monday/Wednesday/Friday
9:00am—1:30pm

Osteoporosis Prevention
Tuesday and Friday at 10:00am
Low-intensity class, using light weights to help prevent/decrease osteoporosis and improve balance.