

# Classes in the park!!!

As the stay-at-home guidelines are being responsibly loosened, the Tenaflly Senior Center is working with our instructors to bring you recreation opportunities both at the center and in the park. Starting next week we are bringing fitness classes to the parks.

Tenaflly Senior Center Members

Location: Oresko Park (across the street from the Tenaflly Post Office)

Fee: None (for now)

Tuesday, June 16 at 1:00 pm  
Standing Pilates with Kim

Tuesday, June 16 at 3:00 pm  
Yoga with Arlene

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Friday, June 19 at 10:00 am  
Fitness with Stephen

Friday, June 19 at 2:00 pm  
Qigong/Tai Chi with Johanna

Limited participants – (weather permitting)

**YOU MUST CALL THE CENTER TO REGISTER – 201-569-2159**

**Please bring your own water – chairs will be set up in the park.**

**\*For this to be a success everyone must do their part and follow the social distancing rules. That includes entering and exiting the park area. Stand 6ft. from each other. Masks are highly encouraged.**