



# TOWN OF Trumbull HUMAN SERVICES

Senior Center Serving Adults Age 55+

23 Priscilla Place • Trumbull, CT • 06611

(203) 452-5199

PROGRAM NEWS

## IN PERSON CLASS REGISTRATION OPENS TODAY FOR JULY CLASSES!

Be sure to sign up.

- **Stretch and Move with Nancy: Mondays at 9:00 AM**
- **Zumba Gold and Toning with Pauline: Mondays at 11:15 AM**
- ***New Class-Beginners Tap Dance with Joy***  
Tuesdays at 10:00 AM  
12 Week Session: July 6th—September 28th
- ***New Class-Intermediate Tap Dance with Melody***  
Tuesdays at 11:00 AM  
12 Week Session: July 6th—September 28th
- ***New Class—Sit and Fit with Bobbi***  
Tuesdays at 11:30 AM
- **Yoga Nidra with Deborah Swann**  
Fourth Tuesday of each month at 1:00 PM  
Tuesday, July 27th  
Please bring a yoga mat and small throw blanket. Optional: small pillow for head rest.
- **Tai Chi with David: Wednesdays at 10:00 AM**
- **Strength with Nancy: Thursdays at 10:15 AM**  
Please bring your own weights.
- ***New Class—Pilates with Jeannie***  
Thursdays at 1:15 PM

Participants are limited to register for two classes only. Exercise classes are 4 week sessions and tap dance classes are 12 week sessions. If the class fills, you will be put on a waitlist and given priority the following month. You must pre-register for each class. Space is limited.

***Please note that if you miss more than 2 classes without contacting the office, we will have to remove you from the class and add the next person on the waitlist.***

**To register, please call the office at (203) 452-5199.**