

Village of Dobbs Ferry
Fall 2023
Senior Fitness Club

Tuesdays:

Class starts 8/22

Chair Yoga with Elaine: 9:30 - 10:30am

A gentle form of yoga for improved physical and mental fitness.



Wednesdays:

Class starts 8/23

Senior Exercise with Elaine: 11:00am - 12:00pm

A low-impact workout appropriate for older adults looking to improve their strength, flexibility and balance.



Thursdays:

Class starts 9/7

Dance with Diane: 11:00am - 12:00pm

Ladies and Gentlemen, put on your dancing shoes. Let's dance to our favorite music and have a ball.



Fridays:

Class starts 9/8

Tai Chi with Norma: 11:00am - 12:00pm

A low-impact physical and mental practice that consists of slow, circular movements. Tai Chi can be easily adapted to meet your unique mobility and fitness needs.



\$40 for Dobbs Ferry Residents

\$60 for Non-Residents

**All classes will take place in the
Embassy Center (60 Palisade St)**

To register or for more information, call Abby at 914-693-0024

Dobbs Ferry Seniors and Recreation
Fitness Club Registration Form

Name: _____ Gender: _____ Date of Birth: ____/____/____

Phone #: _____ Email: _____

Address: _____

Emergency Contact: _____ Phone #: _____

Program: Dobbs Ferry Senior Fitness Club - Fall 2022

As a participant in the above program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risks of any injuries, damages or loss which I or my child may sustain as a result of such participation. I further understand that the Village of Dobbs Ferry does not provide accidental medical coverage and it is my responsibility to provide appropriate coverage. I agree to waive and relinquish all claims and hold harmless the Village of Dobbs Ferry, Parks and Recreation Department, its officers, agents and employees from any and all claims.

Signature _____ Date _____