

Veteran Activities and Fitness Groups



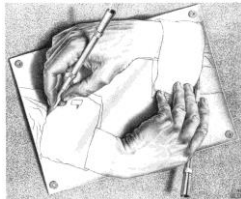
Did you get out of shape after leaving the military? Well, come join the Bronx Vet Center's Veteran activity groups to re-develop and sustain a healthy lifestyle.



WALK IN MY SHOES Tues / Thu 11:30 a.m. - 12:30 p.m. Learn different types of walk. Use your own body weight to exercise while walking in the park.



STAY FIT Tuesdays 10:30 a.m. - 11:30 a.m. We will work on strengthening our whole body through low-impact exercises using chairs, elastic bands and our own body weight. These exercises will improve your balance and coordination, which includes stretching and relaxation.



Veteran Art Classes Abstract Painting Wednesdays from 2:30 to 3:30 p.m.



SPIN IT FAST Mon. / Wed. 9:00 a.m. - 10:00 a.m. Improve your cardiovascular system through this spin class.



TAI CHI Thursday's 10:30 a.m. - 11:30 a.m. Learn basic movements and the correct Tai Chi walk to help improve balance. Strengthens the knees, legs, core and, coordination. Students will learn the basic 24 movement form.

NOTE: Classes are \$25 for the year. Veterans, seniors (62 year-old), and the disabled will have access to all Parks & Recreation- locations. Start date: 15 November 2016.

Location:
St James Recreation Center
2530 Jerome Ave,
Bronx, NY 10468

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