

OVER 55 FITNESS

The Maplewood Dept. of Community Services offers many fitness classes for both residents & non-residents age 55 & up.

All skill levels are welcome as modifications can be made!

Classes run Monday thru Thursday for 12 weeks.

Class sizes are limited...you must pre-register.



FALL 2026

FOR ANY QUESTIONS, PLEASE CALL:

973-763-0750



DEPARTMENT OF
COMMUNITY SERVICES
all for fun & fun for all!

MONDAYS

10AM: ZUMBA (9/28 - 12/21)
WITH CYNTHIA RUIZ @ COMMUNITY CENTER (120)

10AM: CHAIR YOGA (9/14 - 11/30)
WITH AMY PHILLIPS @ SENIOR CENTER (106)

TUESDAYS

9AM: GENTLE YOGA (9/15 - 12/8)
WITH MICHELE FLYNN @ COMMUNITY CENTER (120)

10AM: DANCE HAPPY (8/25 - 11/10)
WITH MARCO HURTADO @ COMMUNITY CENTER (120)

11AM: POSTURE & STRENGTH (9/15 - 12/8)
WITH MICHELE FLYNN @ COMMUNITY CENTER (120)

WEDNESDAYS

10AM: CHAIR YOGA (9/16 - 12/2)
WITH AMY PHILLIPS @ SENIOR CENTER (106)

THURSDAYS

9AM: GENTLE YOGA (9/17 - 12/10)
WITH MICHELLE FLYNN @ COMMUNITY CENTER (120)

11AM: POSTURE & STRENGTH (9/17 - 12/10)
WITH MICHELE FLYNN @ COMMUNITY CENTER (120)

12PM: DANCE HAPPY (8/27 - 11/12)
WITH MARCO HURTADO @ COMMUNITY CENTER (120)

NO CLASSES ON NOVEMBER 26