

Vitality Society 18

Sign up at <http://bit.ly/vsvtvsummer> and when you do, you will also automatically get unlimited access to Vitality Society 18 live on Zoom fitness, wellness and enrichment classes from May 17 – 23.

If you are a Bergen County resident age 60 or over, you are a member of NJV HUB Village and are eligible for this free program. NJV (North Jersey Villages) is a member of the national Village-to-Village Network who is collaborating with Vitality Society, a leading online community offering empowering, engaging and exciting experiences for people 60 and better to keep them at their physical and mental best.

ENJOY A COMPLIMENTARY WEEK OF 18 VITALITY SOCIETY CLASSES

All Village-to-Village members are invited to revitalize in preparation for the summer. Experience what Vitality Society offers with a full week of FREE classes starting on Monday, May 17 morning through Sunday, May 23 evening. See events in this group and the calendar below and find out why members refer to us as "a game-changer for physical and mental health."

Vitality Society™ Weekly Schedule: Effective May 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barre 9:15 am ET / 6:15 am PT 	Pilates 12 pm ET / 9 am PT 	Power Half-Hour Sculpt & Tone* 10:30 am ET / 7:30 am PT 		Barefoot Therapy 11 am ET / 8 am PT 		
Get Hula Hooping 12 pm ET / 9 am PT 	Power Half-Hour Playful Posture* 4:30 pm ET / 1:30 pm PT 	Physical Therapy: Recover & Rebuild 2 pm ET / 11 am PT 	Gentle Yoga: Poses & Flows 11 am ET / 8 am PT 	Zumba Gold 12 pm ET / 9 am PT 	Strength & Flexibility Training 11:30 am ET / 8:30 am PT 	Restorative Stretching & Strengthening 10:30 am ET / 7:30 am PT
Nia Moving to Heal 5 pm ET / 2 pm PT 	Tai Chi/Qigong for the Brain & Body 7:30 pm ET / 4:30 pm PT 	Nia Dance Party 6 pm ET / 3 pm PT 	Meditation 7:30 pm ET / 4:30 pm PT 	Sound Experiences 4:00 pm ET / 1:00 pm PT	Zentangle Art Class 4:00 pm ET / 1:00 pm PT	Vitality University 7 pm ET / 4 pm PT

*All classes 1-hour unless indicated with an * which denotes half-hour classes

Legend: Two colors above denote a combo class

Cardio	Enrichment	Mindfulness	Rehabilitation	Strengthening
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Class Intensity Indicator

Green - lowest intensity
Red - highest intensity