



Art for the Young at Heart

**CLASSES FOR SENIOR RESIDENTS 60+ FREE TO
RESIDENTS IN ATLANTIC COUNTY**

MONDAYS: DANCE / MOVEMENT 9:30-10:25AM

MONDAYS: NEW STUDENTS MAT PILATES 11:30-12:20PM

MONDAYS: LEVEL II MAT PILATES 10:30-11:20AM

MONDAYS: DRAW AND PAINT 2:00-3:30PM

TUESDAYS: TAI CHI BEGINNER 9:30-10:30AM

WEDNESDAYS: YOGA 9:30-10:30AM

THURSDAYS: DRAW AND PAINT 9:30-11:00AM

FRIDAYS: TAI CHI ADVANCED 9:30-10:30AM



*Class size is limited. Registration is required.
1st session February 2 - June 12, 2026*

www.cygnusarts.org / 609-272-1199



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