



# Art for the Young at Heart

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

**SATURDAYS: 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 9:30AM-11:00PM**

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

**WEDNESDAYS: YOGA 9:30-10:30AM**

This class is full. ~~MONDAYS: DRAW AND PAINT 9:30-11:00PM~~



**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](http://www.cygnusarts.org) / 609-272-1199



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