

Bergen Family Center

Helping Local Families Since 1898



SESCIL CLASS SCHEDULE

Week 05/02/22-05/06/22

Monday

Knitting at 9:00 a.m. Instructor: Louise

Italian Conversation Group at 11:00 a.m. (in person)

Yoga at 1p.m. Instructor: Andrea

Tuesday

Aerobics at 9:00 a.m. Instructor: Leslie

Balance at 10:00 a.m. Instructor: Leslie

Energy Methods at 11:00 a.m. Instructor: Liz

Salsa at 1 p.m. Instructor: Daniel

Wednesday

Pilates, strengthening and toning at 9:30 a.m. Instructor: Hedy

Stretch & Flex 11 a.m. Instructor: Tutu

Chair Yoga at 12:30 p.m. Instructor: Liz

Spanish (Beginner) at 1:40 p.m. Instructor: Gladcia

Spanish (Intermediate) at 2:40 p.m. Instructor: Gladcia

Thursday

Tai Chi at 9:25 a.m. Instructor: Sheila

SESCIL Singers at 10:35 a.m. Instructor: Marilyn

Voice Class at 12:35 p.m. Instructor: Larry

Friday

Stretch and flex at 11 a.m. Instructor: Tutu

Modifications of difficulty can be adjusted depending on class participants.

[Click to email Tashiera for more information](#)

At Bergen Family Center, diversity, equity, inclusion, and engagement are central to our organizational values. We strive to eliminate disparities caused by systemic inequities and confront unconscious bias. We are committed to implementing policies and practices that promote equity and justice in our workplace and community.



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