

2026 EXERCISE CLASSES

New Providence residents ages 65+ can participate in FREE exercise classes offered by the DeCorso Center. Ask your doctor which classes would be appropriate for you. All participants must complete a registration form with a waiver. Check the monthly newsletter/calendar for class schedule updates.

REGULARLY OFFERED CLASSES

In Control (IN PERSON AND ON ZOOM) – Mondays at 9:45am

This class emphasizes strengthening the muscles of the core responsible for keeping the body strong and injury free. A thorough stretch is followed by floor work on mats aimed at maximizing flexibility and tone.

Chair Yoga (IN PERSON AND ON ZOOM) – Mondays at 11:00am

This class improves flexibility and muscle strength while reducing stress and increasing relaxation.

Balance and Conditioning (IN PERSON AND ON ZOOM) – Tuesdays at 9:40am

This class incorporates weight training, balance, and coordination drills to promote overall fitness. Each session finishes with an easy to do but thorough stretch. You will see a difference in your range of motion, confidence, and energy levels. Appropriate for beginner and seasoned exerciser alike.

Strong You! (IN PERSON AND ON ZOOM) – Thursdays at 9:30am

A holistic approach using balance conditioning and alternating cardio and strength movements to optimize the cardiorespiratory function.

SPECIAL LIMITED TIME OFFERINGS

See our current newsletter and calendar for a complete listing of our current activities and program details.

Stretch, Strength and Stability

This full body fitness program gives participants of all levels the opportunity to engage in a resistance workout of all body parts. The session ends with an extended period of stretching to loosen muscles and improve your mood.

Table Tennis

This class teaches participants table tennis rules, strokes, footwork, and speed. Paddles supplied.

Bocce

Learn the game or refresh your skills at Oakwood Park. Learn Bocce rules, strategy, and tactics while playing a game.

All those who would like to participate in our exercise classes in 2026, please note:

- You MUST register for all classes you would like to take by e-mailing decorsocenter@newprov.us or calling (908) 665-0046.
- All exercise class participants must have a DeCorso Center registration form with waiver on file.
- Seniors ages 65+ who do not live in New Providence may also participate but are asked to pay a nominal annual fee. Please contact the Center for additional information.