## **BOROUGH OF TOTOWA PUBLIC LIBRARY ADULT PROGRAMS**

## **JANUARY 2025**

**TUES** WED **THURS** FRI SAT MON **Nursing Services** Mandolin Players **Restorative Yoga** Library 10:00am-2:00pm 1:00pm-4:00pm 8:00am-9:00am **Light & Easy** 10:00am-11:00am Passports & Veteran Closed for Advanced HIIT 5:00pm-7:00pm New Year's **Fitness Class** Chair Cardio Adult Yoga 5:45pm-6:45pm 9:15am-10:15am 11:15am-12:00pm Day Reiki Sessions Stitches of Totowa 6:45pm-7:45pm 1:00pm-3:00pm **Nursing Services** QiGong Fusion Light & Easy Seated QiGong Restorative Yoga Light & Easy/ Strength & Tone 10 10:00am-11:00am 10:30am-11:15am 1:00pm-1:45pm 8.00am-9.00am **Light & Easy** 10:00am-11:00am **Mahjong** 1:00pm-3:00pm Chair Cardio 10:00am-12:00pm **Restorative Yoga** Advanced HIIT 11:15am-12:00pm Barre Class/ Mandolin Players Chair Cardio 5:45pm-6:45pm Kevboard Lessons for Fitness Class Strength Training 5:15pm-7:00pm 1:00pm-4:00pm Adults Adult Yoga 5:45pm-6:45pm The Groovy 1970's 9:15am-10:15am Reiki Sessions 5:00pm-6:00pm 1:00pm-2:00pm **Creative Writing** 7:00pm-8:00pm **Knittina for Fun Reiki Sessions** Stitches of Totowa 6:00pm-7:45pm 6:45pm-7:45pm 5:45pm-7:45pm 1:00pm-3:00pm Rug Hooking 10:00am-2:00pm Seated QiGona Restorative Yoga 18 **QiGong Fusion** Liaht & Easy Light & Easy/ 15 10:00am-11:00am Strength & Tone 1:00pm-1:45pm 8:00am-9:00am **Nursing Services** Mandolin Players 10:00am-12:00pm **Chair Cardio** 10:00am-2:00pm 1:00pm-4:00pm **Advanced HIIT Restorative Yoaa** 11:15am-12:00pm Passaic County Surrogate's **Liaht & Easy** Barre Class/ Night Court 5:00pm-7:00pm Fitness Class 5:45pm-6:45pm **Keyboard Lessons for** 10:00am-11:00am Strength Training Aďults 5:15pm-7:00pm **Chair Cardio** 9:15am-10:15am Adult Yoga Reiki Sessions 5:00pm-6:00pm 11:15am-12:00pm 5:45pm-6:45pm **Creative Writing** 7:00pm-8:00pm Zumba Knitting for Fun **Reiki Sessions** Stitches of Totowa 6:00pm-7:45pm 5:45pm-7:45pm 10:30am-11:30am 6:45pm-7:45pm 1:00pm-3:00pm Seated QiGong **Nursing Services** Liaht & Easy Liaht & Easy/ 23 **QiGong Fusion** Restorative Yoga 25 10:00am-2:00pm 10:00am-11:00am Strength & Tone Indoor Herb Garden 1:00pm-1:45pm 8:00am-9:00am Chair Cardio 10:00am-12:00pm Light & Easy 10:00am-11:00am Mahjong 1:00pm-3:00pm 11:15am-12:00pm **Restorative Yoga Advanced HIIT Barre Class/ Keyboard Lessons for** 5:45pm-6:45pm Mandolin Players Strength Training **Fitness Class Chair Cardio** Adults 5:15pm-7:00pm 11:15am-12:00pm 9:15am-10:15am 5:00pm-6:00pm **Reiki Sessions** Adult Yoga 5:45pm-6:45pm **Creative Writing** 7:00pm-8:00pm Knitting for Fun Stitches of Totowa 6:00pm-7:45pm Reiki Sessions 5:45pm-7:45pm 1:00pm-3:00pm 6:45pm-7:45pm **Nursing Services** Light & Easy/ Strength & **QiGong Fusion** Seated QiGona **Light & Easy** 30 31 10:30am-11:15am 10:00am-2:00pm 10:00am-11:00am 10:00am-12:00pm 1:00pm-1:45pm Programs are subject Mahjong 1:00pm-3:00pm Afternoon Book Club: The **Light & Easy** 10:00am-11:00am Chair Cardio to change. Registration Restorative Yoga Magnificent Lives of Marjorie Post 11:15am-12:00pm Mandolin Players is encouraged at 5:45pm-6:45pm **Keyboard Lessons for Barre Class/Strength Training** 1:00pm-4:00pm Chair Cardio totowapl.org/register Adults F 7 P Adult Yoga

5:45pm-6:45pm

Reiki Sessions

6:45pm-7:45pm

Reiki Sessions

7:00pm-8:00pm

5:00pm-6:00pm

**Knitting for Fun** 

5:45pm-7:45pm

**Creative Writing** 

Food Friends Cookbook Club

6:00pm-7:45pm

6:30pm-7:30pm

11:15am-12:00pm

1:00pm-3:00pm

Stitches of Totowa

for the latest updates!

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