



Council on Aging
Fitness Classes

Flamenco Dance Class

**Fridays, 10 – 11 a.m.
Hybrid**

Flamenco Dance class teaches the various rhythms of different Palos (genres) of flamenco. You will learn coordination of footwork, body, arms, and finger movements.

All are welcome to enjoy the flamenco experience and create art with your own flamenco style. Please remember to bring your water bottle.

Always consult your physician before beginning any exercise program.

**To register, call the Council
on Aging at 617-349-6220.**



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/CouncilOnAging • 617-349-6220