



Chair Exercise

**Wednesdays,
11 – 11:45 a.m.**

and

**Thursdays,
10:45 – 11:30 a.m.**

Virtual

Combining stretching, strengthening, cardio, balance, mobility, and flexibility (and some fun music!), this class is great for the whole body and brain. Take things at your own pace from a seated or standing position.

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

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