



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



Zumba Gold

In-person

Tuesdays, 1:30 – 2:30 p.m. with Emily

Thursdays, 9 – 10 a.m. with Suzi

This is a low impact, easy to follow, 45-minute Latin-inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

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