

A group of people, mostly older adults, are participating in a fitness class. They are holding a long, thick resistance band that is pink and blue. The background is a soft-focus outdoor setting with greenery.

Strong & Stretched

Mondays 11:00-12:00

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Wednesdays 1:30-2:30

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

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