

DANCING FOR BALANCE

MONDAYS
1:00pm-2:00pm
In-person at the NCSC

Thursdays
1:30pm-2:30pm
Via Zoom

North Cambridge Senior Center
2050 Massachusetts Ave
Cambridge, MA 02140
617-349-6220

<http://www.cambridgema.gov/DHSP/COA>
<https://finditcambridge.org/>



Ages 60+



**THIS FUN, FRIENDLY
CLASS IS SUITABLE
FOR ALL FITNESS
LEVELS.**

**AS YOU DANCE TO
UPBEAT MUSIC,
YOU WILL LEARN
BASIC STEPS AND
MOVEMENTS
GEARED TOWARDS
IMPROVING
BALANCE.**

**WARM-UPS AND
COOL-DOWNS
INCLUDE
STRETCHING
AND ARE SEATED**

