



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



Strong and Stretched

**Mondays,
11 a.m. – 12 p.m.**

In-person

**Wednesdays,
1:30 – 2:30 p.m.**

Virtual

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or resistance bands, and muscle conditioning to reinforce good posture. The class ends with deep yoga stretches.

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