

# Healthy Aging and Cycling Series

## Power Pedal Class

*An 8-week, hybrid series*

Tuesdays and Thursdays

June 6 – 27, 2023

9:00 - 9:50 a.m.

# Power Pedal

Ease into biking with preparatory exercise and strength building classes!:

### Upper body strength building

- Series of exercises using light weights (no heavier than 5 lbs.)
- Standing, seated, and floor exercises.

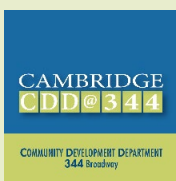
### Full body calisthenics

- Standing, seated, and floor exercises.
- Improve balance.
- Build torso and limb strength.

Classes are designed for ages 60+, moving at an easy pace, with breaks between sets.

**All classes are hybrid**, with the option of attending virtually or in-person at the Cambridge Senior Center, 806 Massachusetts Ave.

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



*Offered in partnership by the  
Council on Aging and  
Community Development  
Department*

