

# **Virtual Cardio and Yoga for Heart Health**

**Fridays 11:00-12:00**

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth yoga poses.

**“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+**



<http://www.cambridgema.gov/councilonaging>