

Virtual Chair Exercise

Wednesdays 11:00-12:00

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Thursdays 10:00-11:00

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

"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>