

# Virtual Gentle Morning Jive

Tuesdays, May 4, 11 and 18, 2021

10:00-11:00

Wake up your body, mind and soul with stretching, strengthening and dancing -- all from home! Music from the 1930's - present day will keep us energized throughout our workout which draws from disciplines such as yoga, Pilates, tap, jazz, West African, modern and ballet dance. No dance experience necessary. Movements will be demonstrated from a seated position but can be modified to be done while standing.

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

