

DANCING FOR BALANCE

**MONDAY'S
1:00pm-2:00pm**

**Thursday's
1:30pm-2:30pm**

**North Cambridge Senior Center
2050 Mass Ave
Cambridge, MA 02140
617-349-6320**

**THIS FUN FRIENDLY
CLASS IS SUITABLE
FOR ALL FITNESS
LEVELS.**

**AS YOU DANCE TO
UPBEAT MUSIC,
YOU WILL LEARN
BASIC STEPS AND
MOVEMENTS
GEARED TOWARDS
IMPROVING
BALANCE.**

**WARM-UPS AND
COOL-DOWNS
INCLUDE
STRETCHING
AND ARE SEATED**

Ages 60+

