



Dancing For Balance

North Cambridge Senior Center

Mondays and Thursdays

1:30pm - 2:30pm

This fun, friendly class is

**suitable for all fitness levels. You will learn basic steps
and movements geared towards improving balance.**

**Classes will be held at the North Cambridge Senior Center
266B Rindge Ave. Cambridge, MA 02140**

For more information, please call

Alicia Johnson

617-349-6320 or aliciaj@cambridgema.gov