

DANCING FOR BALANCE

MONDAYS

1:00pm-2:00pm

Hybrid (in-person and on Zoom)

&

Thursdays

1:30pm-2:30pm

Via Zoom

Always consult your physician before beginning an exercise routine.

North Cambridge Senior Center

2050 Massachusetts Ave

Cambridge, MA 02140

617-349-6220

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



Ages 60+

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**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**

