

Fitness Bands Workshop

Led by ACE Fitness Instructor Teresa Boughner

Thursday, April 6, 2023

1:00-2:00

Build your fitness toolbox by learning muscular endurance exercises.

In this 1-hour workshop, you will learn techniques of how to safely use resistance bands at home.



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

**This Program is for Ages 60+
Cambridge Senior Center
806 Mass. Ave.
Cambridge, Ma 02139**