



**Summer Fitness Classes
At the Cambridge Senior Center
July and August Schedule**

Monday:	Qi Gong	9:00-9:45
	Strength Training	11:00-12:00
	Line Dancing	6:00-7:00 PM
Tuesday:	Zumba Gold	1:30-3:00
Wednesday:	Tai Chi "Full"	11:00-12:00
	Yoga	1:30-2:30
Thursday:	Meditation	9:00-10:00
	Chair Exercise Class	10:00-10:45
Friday:	Qi Gong	9:00-9:45