

# Chair Exercise Class

Thursdays July 11,18 and 25, 2019

10:00-10:45

Chair Exercise, Thursdays 10-10:45am- Come experience the benefits for brain, heart, body, and spirit as we exercise from a seated position. We will focus on aerobic activity in between strengthening muscles, and finish with a stretch and self-massage, all while having fun and moving to great music! All levels welcome!



**This Program is for senior 60+  
Cambridge Senior Center  
806 Massachusetts Avenue  
Cambridge, MA.02139**