

Dancing For Balance

North Cambridge Senior Center

Mondays: 12:30pm - 1:30pm

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