

# DANCING FOR BALANCE

**MONDAYS**  
**1:00pm-2:00pm**  
**In-person at the NCSC**

**Thursdays**  
**1:30pm-2:30pm**  
**Via Zoom**

**North Cambridge Senior Center**  
**2050 Massachusetts Ave**  
**Cambridge, MA 02140**  
**617-349-6220**

**<http://www.cambridgema.gov/DHSP/COA>**  
**<https://finditcambridge.org/>**



**Ages 60+**



**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**

