

Fitness

Newton Senior Center

**\$5 contribution per class
(more if you can, less if
you can't) is requested.**

Seated Strength & Balance with Pearl



Mon and Wed at 1pm

A seated class:
a thorough warm-up,
strength training,
balance exercises and
gentle stretching.

Active Chair Yoga with Diane

Thursdays at 1pm



Traditional
yoga poses,
modified for
a seated
practice,
and stand-
ing postures
as well.

Muscle Conditioning with Nicole Tuesdays and Fridays at 10am



A low-impact strength and
cardio workout. No equip-
ment is necessary. Light
hand weights or household
items (e.g. canned goods)
are optional. Share tips to
stay strong!

Zumba Gold with Ketty

Mon-Fri at 11am



A dance inspired workout.
A cardio program set to upbeat
Latin and international tunes.

Meditation with Betsy Thursdays at 9am



Practice paying compassionate
attention to all that moves
through us: thoughts, emotions,
sensations, and conditions.
Begin or continue a meditative
practice.

Email iseidmann@newtonma.gov for the Zoom links, Payment options and more details