



Newton Senior Center Virtual Fitness Schedule December 2020

Monday

11:00 a.m. Zumba Gold with Ketty
1:00 p.m. Seated Strength & Balance with Pearl

Tuesday

10:00 a.m. Muscle Conditioning with Nicole
11:00 a.m. Zumba Gold with Ketty

Wednesday

11:00 a.m. Zumba Gold with Ketty
1:00 p.m. Seated Strength & Balance with Pearl

Thursday

9:00 a.m. Meditation with Betsy
11:00 a.m. Zumba Gold with Ketty
1:00 p.m. Active Chair Yoga with Diane

Friday

10:00 a.m. Muscle Conditioning with Nicole
11:00 a.m. Zumba Gold with Ketty

****There are no classes on Friday, December 25th in observance of Christmas Day, and Friday, January 1st in observance of New Year's Day****