

Fitness & Wellness at the Newton Senior Center

Updated September 2nd, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m. Beginner's Tai Chi with Aaron (Function Room)	10:00 a.m. Zumba Gold with Ketty (Zoom)	12:00 p.m. Seated Strength & Balance with Pearl (Function Room)	9:00 a.m. Mindful Meditation with Betsy (Zoom; Function Room the first Thursday of every month)	9:30 a.m. Intermediate/Advanced Tai Chi with Aaron (Function Room)
10:00 a.m. Zumba Gold with Ketty (Zoom)	10:30 a.m. Muscle, Movement, & Balance with Nicole (Function Room)	1:00 p.m. Dance Aerobics with Louise (Function Room) <i>Begins September 14</i>	10:00 a.m. Zumba Gold with Ketty (Zoom)	11:00 a.m. Beginner's Tai Chi with Aaron (Hyde Community Center, 90 Lincoln Street, Newton Highlands)
11:00 a.m. Intermediate/Advanced Tai Chi with Aaron (Function Room)			10:30 a.m. Muscle, Movement, & Balance with Nicole (Function Room)	1:00 p.m. LaBlast with Karen (Function Room) <i>Begins September 9</i>
12:00 p.m. Seated Strength & Balance with Pearl (Zoom)				

Payment Options

We ask for a \$5 contribution per class (more if you can, less if you can't). We kindly ask that you pay monthly, if possible. Please make all checks payable to "Newton Senior Center" and write the class name on the check.

Pay On-Line	Bring Us a Check	Mail In a Check	By Telephone
Go to our website newtonseniors.org and click on the "Pay Online" button (note: 3% additional convenience fee for credit cards; e-check is free)	Please leave the check with our Front Desk Receptionist (Liz or Nancy), or Norine.	Please mail the check to: Newton Senior Center Attn: Fitness Contribution 345 Walnut Street Newtonville, MA 02460	Please call Norine at 617-796-1664 (note there is an additional 3% convenience fee). Business hours only.

New participants are always very warmly welcomed! Our classes are led by certified instructors.