

**Fitness & Wellness at the Newton Senior Center**

Effective November 3<sup>rd</sup>, 2023

All fitness & wellness classes take place on Zoom, or at the Hyde Community Center at 90 Lincoln Street

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. <b>Chair Yoga</b> with Diane (Hyde Community Center)	9:30 a.m. <b>ends 11/14</b> <b>Balance &amp; Functional Movement</b> with Nicole (Hyde Community Center)	10:00 a.m. <b>Chair Yoga</b> with Diane (Hyde Community Center)	9:00 a.m. <b>Mindful Meditation</b> with Betsy (Zoom)	9:30 a.m. <b>Advanced Tai Chi</b> with Aaron (Hyde Community Center)
10:00 a.m. <b>Zumba Gold</b> with Ketty (Zoom)	10:00 a.m. <b>Zumba Gold</b> with Ketty (Zoom)	12:00 p.m. <b>Seated Strength &amp; Balance</b> with Pearl (Hyde Community Center)	10:00 a.m. <b>Zumba Gold</b> with Ketty (Zoom)	10:45 a.m. <b>Beginner Tai Chi</b> with Aaron (Hyde Community Center)
10:15 a.m. <b>Intermediate Tai Chi</b> with Aaron (Hyde Community Center)	10:30 a.m. <b>Muscle, Movement, &amp; Balance</b> with Nicole (Hyde Community Center)	1:00 p.m. <b>Dance Aerobics</b> with Louise (Hyde Community Center)	10:30 a.m. <b>Muscle, Movement, &amp; Balance</b> with Nicole (Hyde Community Center)	1:00 p.m. <b>LaBlast</b> with Karen (Hyde Community Center)
11:30 a.m. <b>Advanced Tai Chi</b> with Aaron (Hyde Community Center)				
12:00 p.m. <b>Seated Strength &amp; Balance</b> with Pearl (Zoom)				
1:30 p.m. <b>Line Dancing</b> with Paul (Hyde Community Center)				

**Payment Options** We ask for a \$5 contribution per class (more if you can, less if you can't). We ask that you pay monthly, if possible. Please make all checks payable to "Newton Senior Center" and write the class name on the check. New participants are always very warmly welcomed! Our classes are led by certified instructors.

Pay On-Line	Pay with a Monthly 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)	<b>2) Pay with a monthly check</b> Please make it out to the Newton Senior Center. You can leave it with Reception. Make sure to note which classes you are taking.	Please mail the check to: City of Newton, Senior Services Department Attn: Fitness Contribution 1000 Commonwealth Avenue Newton, MA 02459	Please call Norine at 617-796-1664 (note there is an additional 3% convenience fee). Business hours only.

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