

Fitness & Wellness at the Newton Senior Center

Effective December 1st, 2022

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. Chair Yoga with Diane (Hyde Community Center) | 10:00 a.m. Zumba Gold with Ketty (Zoom) | 10:00 a.m. Chair Yoga with Diane (Hyde Community Center) | 9:00 a.m. Mindful Meditation with Betsy (Zoom) | 9:30 a.m. Intermediate/Advanced Tai Chi with Aaron (Hyde Community Center) |
| 10:00 a.m. Zumba Gold with Ketty (Zoom) | 10:30 a.m. Muscle, Movement, & Balance with Nicole (Hyde Community Center) | 12:00 p.m. Seated Strength & Balance with Pearl (Hyde Community Center) | 10:00 a.m. Zumba Gold with Ketty (Zoom) | 10:45 a.m. Beginner's Tai Chi with Aaron (Hyde Community Center) |
| 10:15 a.m. Beginner's Tai Chi with Aaron (Hyde Community Center) | | 1:00 p.m. Dance Aerobics with Louise (Hyde Community Center) | 10:30 a.m. Muscle, Movement, & Balance with Nicole (Hyde Community Center) | 1:00 p.m. LaBlast with Karen (Hyde Community Center) |
| 11:30 a.m. Intermediate/Advanced Tai Chi with Aaron (Hyde Community Center) | | | | |
| 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 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 | 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: 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. |