



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



## ***Mat Yoga with Teresa***

**Tuesdays, 10 – 11 a.m. • In-person**

Looking for an hour of self-renewal? Mat Yoga includes 30 minutes of floor postures which allow the spine to be relaxed and non-weight bearing. The class is taught at a moderate level. One goal is to provide asanas for all major muscle groups. Other goals are to improve balance, release tension and access grounded serenity.

**Yoga mats are available for use. Please remember to bring your water bottle.**

*Always consult your physician before beginning any exercise program.*

**To register, call the Council on Aging at 617-349-6220.**



**This program is for ages 60 years and older.**

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

[www.cambridgema.gov/CouncilOnAging](http://www.cambridgema.gov/CouncilOnAging) • 617-349-6220