

Healthy Aging and Cycling Series

Power Pedal

An 8-week Hybrid Series

Power Pedal

Tuesdays and Thursdays
February 4th thru March 27th
9:00 a.m. – 10:00 am

Ease into biking with preparatory exercise and strength building classes:

Upper body strength building

- Series of exercises using light weights (no heavier than 5 lbs.)
- Standing, seated, and floor exercises.

Full body calisthenics

- Standing, seated, and floor exercises.
- Improve balance.
- Build torso and limb strength.

Classes are designed for ages 60+, moving at an easy pace, with breaks between sets.

This program is for Ages 60+
Cambridge Senior Center
806 Massachusetts Ave.,
Cambridge, MA 02139
(617) 349-6220



www.cambridgema.gov/councilonaging

CAMBRIDGE
CDD@344

COMMUNITY DEVELOPMENT DEPARTMENT
344 Broadway

