



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



# Yoga for Better Balance

**Fridays 10:30 – 11:30 a.m.**  
In-person

This class provides opportunities to improve balance standing and seated on mats or chairs. The focus is to be present in our bodies as we stretch and strengthen stabilizing muscle groups. The objective is to increase our self-confidence and joy standing and moving.

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



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

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806 Massachusetts Avenue, Cambridge, MA 02139

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