



## TOWN OF CUMBERLAND

### Senior Center

### Exercise Classes

#### **MONDAY**

9:00am-10:00am— Mat Yoga

10:00am-11:00am —Chair Yoga

11:00am-12:00am—Zumba in the Circuit Gold

1:00pm-2:00pm – Toning with Chair

#### **TUESDAY**

9:00am-10:00am—Line Dance

10:00am-11:00am—Body & Brain Fitness

10:00am-11:00am—Water Aerobics (Boys Club)

#### **WEDNESDAY**

9:00am-10:00am– Mat Yoga

10:00am-11:00am—Chair Yoga

1:00pm-2:00pm—Strength Training

#### **THURSDAY**

9:00am-10:00am—Pilates & Gentle Stretch

10:00am-11:00am—Chair Yoga w/meditation

10:00am-11:00am —Water Aerobics (Boys Club)

11:00am-12:00pm—Zumba Gold

12:00pm-1:00pm —TAI CHI

#### **FRIDAY**

10:00am-11:00am—Body & Brain Fitness