

COA Exercise Membership Options

Quarterly Membership (\$85.00) - Includes unlimited attendance to any of the following classes for 12 weeks. Payments due in January, April, July, October.

Combo Classes: 9:00 AM Monday (Andrea), Wednesday and Friday (Sharon) 1-hour of moderate to high impact aerobics and weight strengthening.

Pilates and Stretch: 30 minutes starting at 10 AM on Mondays (Andrea)

Weight Strengthening: Tuesday 9:30 AM and Thursday 10 AM (Sophia) 1-hour in a chair or on your feet!

Gentle Chair Exercise: Wednesday 12:30 PM (Madeline) great for improving range of motion and balance!

“The Punch Card” (\$55.00) - Includes unlimited attendance to 10 of any of the following classes. New cards may be purchased at any time at the Council on Aging.

***Gentle Chair Exercise:** Wednesday 12:30 PM (Madeline) *if you attend only this one class*

Tai Chi: Thursdays at 1:00 PM with instructors from the Oriental Healing Arts Association

Zumba Gold: Tuesdays at 4:00 PM (Vera) This Latin-inspired music and dance steps is designed to tone the entire body and includes a variety of international music with fast and slow rhythms.

Chair Yoga (includes Meditation): Mondays 9:30 AM (Laraine) and Fridays 9:30 AM (Helen)

Floor Yoga (includes Meditation): Mondays 1:00 PM and Thursdays 9:00 AM (Laraine)

Those who currently take one class per week for \$55 may also use the punch card

OsteoFitness - Build Bones and Balance (\$160) - Taught by Beverley Ikier on Tuesdays and Fridays at 12:30 PM (includes 20 sessions). Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD, and others.

Tap Dance (\$55) - Taught by Chuck Frates on Tuesdays at 11:00 AM (includes 10 sessions) Are you looking for a fun way to get some exercise without going to a gym? Or maybe you simply love to dance. No previous tap dancing experience is required, only the desire to have fun (and a pair of tap shoes of course!)

These classes are designed so that YOU are in control of your movements and intensity, and you will be encouraged to modify your exercise (up or down) to accommodate your needs. We welcome newcomers to try out a class with no obligation to join. Please let us know if you are interested. People often find that participating in group exercise helps them stay motivated and even makes exercising fun! If you have any questions about any of the above options, please call the COA at (781) 275-6825.