

Bedford Council on Aging 55+ Fitness

MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

- **5 classes per week for \$50/month - only \$2.30 per class!**
- **3 classes per week for \$45/month - only \$3.46 per class!**
- **2 classes per week for \$35/month - only \$4.04 per class!**
- **1 class per week for \$20/month - only \$4.62 per class!**

*****Drop in rate for the above classes is \$5.00 per day*****

Pre-registration is required for all classes. Please let us know if you have any questions. We wish you lots of good health and happiness!

“SPECIALS” (Formerly Punch Card Classes)

Chair Yoga: \$65 per 8 week session (Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen)

Tai Chi: \$65 per 8 week session (Thursdays at 1:00 taught by Oriental Healing Arts Association)

Floor Yoga: \$65 per 8 week session (Mondays at 1:00 PM or Thursdays at 9:30 w/Lorraine)

Zumba Gold: \$65 per 8 week session (Tuesdays at 4:00 PM w/Vera)

Chair Exercise: \$65 per 8 week session (Wednesdays at 12:30 PM w/Madeline)

*****Drop in rate for the above classes is \$10 per day*****

Tap Dance: \$65 per 8 week session (Tuesdays at 11:00 w/Chuck)

OsteoFitness: \$160 per 20 class session (Tuesdays & Fridays at 12:30)

BEDFORD COA EXERCISE PROGRAM