



FITNESS PROGRAMS AT THE SUDBURY SENIOR CENTER APRIL - JUNE 2018

PROGRAM NAME	DATES & TIME	COST	NOTES
Fit for the Future w/Lois <i>Aerobics & Strength</i>	Mondays, Wednesdays, and Fridays 11:00 AM - 12:00 PM	\$3 drop-in	Ongoing drop in classes, no registration required.
Better Bones, Senior Strength <i>Build strength and balance!</i>	Mondays 1:00 PM April 23 - June 18 *No class May 28 & June 25	\$56 for 8 weeks	Bring your mat, 2 sets of weights, resistance band, and water!
T'ai Chi <i>An ancient system of movements designed to maintain strength, balance and focus.</i>	Mondays 2:15 - 3:15 PM April 2 - June 4 *No class April 16 & May 28	\$40 for 8 weeks	Bring comfortable clothes to move in, and water.
Yoga for Living Well <i>Add strength and calm to your life!</i>	Tuesdays 9:40 AM or 11:00 AM April 3 - May 22	\$56 for 8 weeks	Bring your mat, block and water!
T'ai Chi for Healthy Living <i>For those who want a slower pace; work on improved balance and mobility.</i>	Tuesdays 1:30 - 2:30 PM April 24 - June 12 *No class April 16 & May 28	\$40 for 8 weeks	Bring comfortable clothes to move in, and water.
Tap Dance!	Thursdays 9:30 - 10:30 AM April 12 - June 7 *No class April 19	\$45 for 8 weeks	Bring tap shoes, comfortable clothes and water!

Sign-Up Information- Please register at Senior Center Front Desk or by calling 978-443-3055.
Checks payable to "Town of Sudbury" at registration.