

FITNESS PROGRAMS AT THE SUDBURY SENIOR CENTER

JUNE - AUGUST 2018

PROGRAM NAME	DATES & TIME	COST	NOTES	LOCATION
Fit for the Future w/Lois <i>Aerobics & Strength</i>	Mondays, Wednesdays, and Fridays 11:00 AM - 12:00 PM* *Time changes to 10:30 - 11:30 AM from Jun. 18 - Aug. 31	\$3 drop-in	Ongoing drop in classes, no registration required.	FCC Gym - through Jun. 15 VH Room - Jun. 18 - 25 LSRHS - Jun. 27 - Aug. 3 VH Room - Aug. 6 - 24 FCC Gym - Aug. 27 - 31
Better Bones, Senior Strength <i>Build strength and balance!</i>	Mondays 1:00 PM Apr. 23 - Jun. 25 (8 wks) *No class May 28, Jun. 18 Jul. 9 - Aug. 20 (6 wks) *No class Jul. 16	\$56 for 8 wks \$42 for 6 wks	Bring your mat, 2 sets of weights, resistance band, and water!	FCC Gym - through Jun. 15 VH Room - Jun. 18 - 25 LSRHS - Jul. 9 - Jul. 30 VH Room - Aug. 6 - 20
T'ai Chi <i>An ancient system of movements designed to maintain strength, balance and focus.</i>	Mondays 2:15 - 3:15 PM Apr. 2 - Jun. 11 *No class Apr. 16, May 7, 28 June 18 - Aug. 13 *No class Jul. 2	\$40 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym - through Jun. 11 Cong. Beth El - Jun. 18 - Aug. 13
Yoga for Living Well <i>Add strength and calm to your life!</i>	Tuesdays 9:40 AM or 11:00 AM May 29 - Jul. 31 (8 wks) *No class Jun. 19, Jul. 3, 17 Aug. 7 - 21 (3 wks)	\$56 for 8 wks \$21 for 3 wks	Bring your mat, block and water!	SP Room - Jun. 12 - 19 LSRHS - Jun. 26 - Jul. 31 SP Room - Aug. 7 - 21
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 May 1 - Jun. 26 *No class May 8 Jul. 10 - Aug. 28	\$40 for 8 wks	Bring comfortable clothes to move in, and water.	FCC Gym - through Jun. 12 Cong. Beth El - Jun. 19 - Aug. 28

Important Information:

Registration: Please register at Senior Center Front Desk or by mailing your check. Checks payable to "Town of Sudbury."

LSRHS: Located at 390 Old Sudbury Road. Maps are available at the Senior Center Front Desk upon request.

Cong. Beth El: Congregation Beth El is located at 105 Hudson Road.

Tap Dance: Will return in September.