

# **NEW FITNESS FOR SEPTEMBER!**

**Held at the Senior Center:**

**Beginning September 12**

Tai-Chi: Tuesdays 11:00–12:00

**Held at the Dolan Center:**

**269 Common St, Dedham MA 02026**

**Beginning September 13**

Strength and Posture: Wednesdays 9:30–10:30

Active Senior Stand-Up Yoga: Wednesdays 1:30–2:30

**Held at the Dedham Pool:**

**336 High Street, Dedham MA 02026**

**Beginning September 6**

Water Aerobics: Mondays & Wednesdays 8:30–9:15

**A payment of \$4 will be made as you attend each class at the pool**

Need directions to the Dolan Center or the Pool? Would you like a description of Active Senior Stand-Up yoga?

Please see Jackie!