

Fitness



FITNESS ACTIVITIES offered at the Senior Center include: Chair Exercises, Cardio, Tone & Stretch, Zumba, Tai Chi, Chair Yoga, Chair Volleyball, a Walking Club and Bocce. These are offered at affordable rates of between \$2 to \$5 per session.

YOGA – CBT: Yoga – CBT is Yoga using Cognitive Behavioral Therapy (CBT). It's a new group that weaves together the relaxing effects of simple chair yoga and meditation with traditional therapeutic techniques. By working with both mind and body, you'll find that you feel better and are able to look at things in new ways. The groups are humorous, so you'll have some fun too. Overall, you'll learn skills that will decrease your anxiety and stress, and help you feel better about yourself. There are six, 1.5 hour sessions, followed by one review session about 2-months later. Each session teaches different skills covering topics that include: What is anxiety? How does anxiety affect my thoughts and body? How does anxiety affect the way I relate to others? This class is offered on Tuesday afternoons, from 1:30pm to 2:45pm, starting March 7th until April 11. For more information contact the Senior Center at 508-520-4945.