



Do traditional workouts bore you?

Does it feel like a chore to get the exercise *(that you know you need)* to stay healthy?

Let the music move you by joining...



Combining cardio exercise with the fun of dance is a great way to keep fit over 40!

WEDNESDAYS

10 a.m. – 11 a.m.

at the

Social & Wellness Center

17 Barstow St. (at Center School)

Mattapoisett, MA

508-758-4110

CARDIO DANCE-FIT

A fun, upbeat class to a wide variety of music. 30 minutes cardiovascular (easy-to-learn dance steps and classic cardio moves), followed by upper and lower body strength training (can be done seated). Last segment is flexibility, deep breathing and stress management techniques to leave you energized and relaxed. This class is for all ages and can be easily modified based on fitness level and age of participant. Led by Certified Group Exercise Instructor, Ellie Higgins.