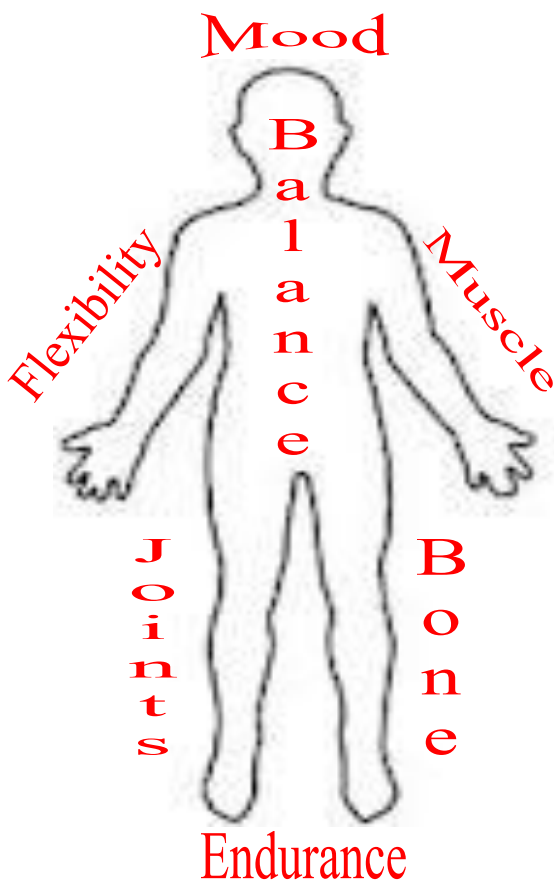


The move to a **A BETTER YOU** starts with your moving!

Everyone is welcome. If you have a special condition, let us know and we will find the right program for you.



QiGONG

The art & science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate the life energy. *Free due to EOEA grant. (\$2.50 suggested donation)*

**MONDAYS
10:00 a.m.**

STRETCH & EXERCISE

Balance improved! Low-impact exercises with weights & stretching which focus on improving flexibility, balance & bone density.

Free due to EOEA grant. (\$2.50 suggested donation)

**MONDAYS
&
WEDNESDAY
12 noon**

YOGA

Functional training designed to increase mobility, strength * balance. Flexibility in motion, designed to stretch & strengthen for injury prevention.

\$3 per class

**TUESDAYS
&
FRIDAYS
8:45 a.m.**

CARDIO-DANCE

Have fun exercising with this mid-level aerobic workout that combines dance moves. Move to a variety of music, including swing, big band, pop and more!

\$4 per class

**WEDNESDAYS
10:00 a.m.**

**All classes are held at the
MATTAPOISETT
SOCIAL & WELLNESS
CENTER**

17 Barstow Street

**Call 508-758-4110
for more info.**

PRESCRIPTION QiGONG

The art & science of using breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate the life energy. Leads to better health, vitality & a tranquil state of mind.

Cost: \$42 for 6 sessions OR \$60 for 10 weeks.

A "punch card" will be provided so you do not have to attend every week.

**FRIDAYS
10:00 a.m.**