



Health & Wellness Classes



The Center at Spring Street



A Program of Boyertown Area Multi-Service

ADULTS AGE 55 YEARS AND OLDER

Chair Yoga with Fran - Learn yoga postures, breathing techniques, and ways of relaxation with the aid of a chair. (Fri- 11 AM)

Fit & Strong with Robin - Improve your flexibility, balance, strength and endurance. (Wed-11:00 AM)

Drumming Up Fitness with Fran— Get a great cardio and upper body workout drumming to some upbeat music! (Tues.—10:15 AM—**NOT THE 4TH TUES.**)

NEW!! - Meditation w/ Fran - Practice calming and focusing your mind and body through the use of various techniques such as physical posture and focused breathing. (Thursday-7:00 PM)

NEW!! - Monday Exercise with Mihae/Lily - Start your week off and join us as the Boyertown YMCA instructors lead our Monday exercise class! (Mon.-10:30 AM)

Move & Groove with Fran - You don't have to be a dancer to "Move & Groove" with us! You'll be too busy having a blast to realize you're getting a great cardio workout. Some weights may be used. (Wed.-10:10 a.m.) (Fri.-10:30 a.m.)

Move & Groove in Chairs with Fran - Move to all the music you love, but do it from the stability of a chair! (Tues.—9:30 AM - **NOT THE 4TH TUES.**)

NEW!! - Pilates w/ Fran - Join us and learn a series of movements designed to stabilize and strengthen your core. Pilates may also help with increasing your flexibility. (Monday—6:00 PM)

Yoga with Fran - Extend your range of motion, improve muscle tone, breathe better and reduce stress. (Mon.- 6:00 PM) (Wed-9:10 AM) (Thur.- 6:00 PM) (Fri.-9:30 AM) (Sat.-9:00 AM)

Call The Center at Spring Street at 610-367-2313 for more information.

www.boyertownareamulti-service.org

The Center at **Spring Street**

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Boyertown Area
Multi-Service Inc.

Helping People, Strengthening Communities