

LOW CARDIO FITNESS

While enjoying the rhythms and beats of 70's funk you can:

- ◆ Strengthen Muscle
- ◆ Improve Flexibility & Balance
- ◆ Strengthen Mind & Body
- ◆ Improve Stamina for everyday activities

When: Wednesdays

Time: 12-1pm

Where:

BCYF Grove Hall Senior Center

51 Geneva Ave,
Dorchester, MA 02121

For more information please contact:

Aidee Pomales or

Ayana Green

617-635-1486

