

YOU ASKED, WE LISTENED!

TWO NEW NIGHT CLASSES HAVE BEEN ADDED:

ZUMBA® GOLD with Jen Mangelson

Monday's at 6:30PM beginning September 10th \$7.00 per class

Jen has been teaching Zumba since 2013. When she began teaching Zumba Gold in 2014, she discovered that working with older active adults was her passion. She enjoys showing class participants that exercise can be fun, and that anyone can participate. Jen is also a wife and mother of four kids, ages 21, 18, 15 & 8.

CHAIR YOGA + WELLNESS (6 Week Series) with Eileen Hevert

Thursdays at 6:30PM beginning Sept. 13th

Pay as you go \$7.00 each class, or Pay for 6 classes \$35.00

Eileen has been involved in YOGA, both training and teaching for 18 years. She teaches all over southern MA, but her "Yoga & Wellness" business is based in Canton, where she also lives with her husband Ken, her Dad, and her dog Carly Mae and is a proud Mom of two boys who recently graduated from college.

CALL THE COA 508-894-1262 FOR INFORMATION AND TO SIGN-UP.

WALK-IN'S WELCOMED