



HEALTHY AGING PHYSICAL THERAPY GROUP FITNESS

IN-PERSON CLASSES

MONDAYS

Power over Parkinson's with Allison 2:00-3:00PM

Milano Senior Center - 201 W Foster Street, Melrose - (781) 662-6886

TUESDAYS

FUNctional Fitness with Katie 9:00-10:00AM

Wakefield COA - 30 Converse Street, Wakefield - (781) 245-3312

WEDNESDAYS

POWER over Parkinson's with Katie 10:30-11:30AM

Americal Civic Center - 467 Main Street, Wakefield - (617) 851 5315

WalkFit with Jen (OUTDOORS May-October) 12:00-1:00PM

Moulton FitCourt - 14 Harrington Court, Wakefield, MA (781) 245 - 3312

THURSDAYS

Strong and STEADI with Tami + Sharon 9:30-10:30AM

Arlington COA - 27 Maple Street, Arlington (781) 316 3400

Strong and STEADI with Allison 10:30-11:30AM

Jenk's Center - 109 Skillings Road, Winchester, MA (781) 721 7136

FRIDAYS

Yoga vs. Osteoporosis with Katie 9:00-10:00AM

Wakefield COA - 30 Converse Street, Wakefield - (781) 245-3312

Strong and STEADI with Brittany 9:00-10:00AM

Jenk's Center - 109 Skillings Road, Winchester, MA (781) 721 7136

MORE INFORMATION: WWW.HEALTHYAGINGPT.COM/CLASSES