



Get Up & Go Group - Exercise Program Schedule

Telephone: 617-879-0451

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stength & Stretch w/Alison 1550 Beacon Street 10:00 – 10:45 am		Get Fit While You Sit w/Alison 1550 Beacon Street 10:00 – 10:30 am <hr/> Group Meditation w/Ted 100 Centre Street 10:15 – 10:45 am	Core Activities w/Alison 1550 Beacon Street 10:15 - 10:45 am	Million-Dollar Stretch w/Alison 10:15 - 11:00 am 100 Centre Street	
					Tai Chi w/Elizabeth 100 Centre Street 11:00 – 12:00 pm
		Core Activities w/Ted 100 Centre Street 1:30 - 2:00 pm		Keep'n It Loose w/Gregory 1:00 – 1:45 pm 112 Centre Street	
Better Mobility w/Gregory 112 Centre Street 3:00 – 3:45 pm			Better Mobility w/Alison 1550 Beacon Street 2:30 – 3:15 pm	Gentle Yoga w/Steffi 100 Centre Street 2:30 – 3:30 pm	
Gentle Yoga w/Steffi 1550 Beacon Street 4:00 – 5:00 pm		Tai Chi w/Dana 1550 Beacon Street 4:00 – 5:00 pm		Gentle Yoga w/ Steffi 112 Centre Street 3:45 – 4:45 pm	

- 1) A liability waiver form must be signed before attending any classes.
- 2) The first class attended is free of charge.
- 3) All classes are subject to change, please call 617-731-5965 to verify schedule.
- For all other questions please call 617-879-0451.