



Eastham Senior Center

NEW EVENING CLASSES

EASTHAM SENIOR CENTER

1405 Nauset Road, Eastham

COA EVENING CLASSES

Each 6-week class costs \$30 for Eastham residents and \$42 for non-residents. Pre-registration and payment are required at least one week in advance, with a minimum of 15 participants per class. Sponsored by the Friends of the Eastham Council on Aging. Please make checks payable to FECOA. To register, call (774) 801-3151.

Tai Chi

Wednesday, September 24 – October 29

• 5:15 – 6:00 pm

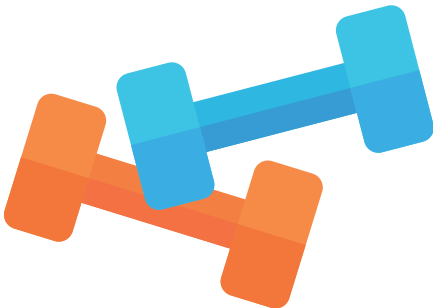
A fun way to move and boost your health! Join this beginner Tai Chi class with meditation, relaxation, and breathing techniques.

HIIT with Wendy

Wednesday, September 24 – October 29

• 6:15 pm

HIIT combines intense work and rest intervals for cardio and strength, helping to improve endurance, burn calories, and build overall muscle tone.



COActive Annex: Eastham Public Library

190 Samoset Road, Eastham

If you were registered for the previous session, please note that you are not automatically registered for this one. Pre-registration is required to secure your spot. Classes are first-come, first-served with limited space, so be sure to register in advance. You will only be admitted if you're pre-registered. Also, please remember that some programs are held before the library opens to the public. Use only the allocated space. Sponsored by the Friends of the Eastham COA.

Chair Yoga

Friday, September 5, 12, 26
& October 3, 10, 17, 24, 31
(no class September 19) • 9:30 am

This is a NEW session – pre-registration is required for each new session. Registration now open.

Chair yoga improves flexibility, strength, and balance while reducing pain and boosting well-being. This is a NEW session – pre-registration is required for each session. You must be registered to attend. Call (774) 801-3151. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis.

Interplay

Thursday, October 2, 9, 16, 23, 30
• 11:00 am

Shake out what you've been sitting on! Want more ease or want to laugh more? Put on your play clothes and come experience simple movement, sound and story using easy incremental forms of InterPlay (www.InterPlay.org) without any agenda. We will listen to our body wisdom, hold an easy focus, experience the physicality of grace, and exform to get rid of stuff! No special skills are required. Our common playground is our humanity. To register call (774) 801-3151.

Zumba/Dance Class

Friday, September 5, 12, 26
& October 3, 10, 17, 24, 31
(no class September 19) • 8:15 am

This is a NEW session – pre-registration is required for each new session. Registration now open.

Love to dance and have fun? Join us for this high-energy class with lively moves! NEW session – pre-registration is required for each session. Call (774) 801-3151 to register. You must be registered to attend. Free for Eastham residents aged 59 and over. Limited spots available, offered on a first-come, first-served basis.

Mat Pilates

Monday, September 15 – October 27
(no class October 13) • 5:30 pm

This class builds muscle strength and endurance while improving flexibility, posture, and balance. Through breath and flow work, you'll feel longer, leaner, stronger, and more connected! Bring your own mat. This 6-week session is \$30 for Eastham residents and \$42 for non-residents. Pre-registration and payment to the Senior Center are required at least one week in advance, with a minimum of 15 participants. To register, call (774) 801-3151.