



If you are going to be in town this summer and you want to meet some new friends, consider joining one of three COA exercise programs. Two of the programs are taught in Sherborn; water aerobics (see below) are held in Natick:

- ◆ *Exercise with Linda* is a low impact aerobic program that can be done in a chair if preferred.
- ◆ Polarity Yoga is a program designed to improve balance and reduce stress.

These two classes are held at St. Theresa's Church and a \$3 donation is appreciated.



Water Aerobics is held in the outdoor pool at Longfellow Sports Club in Natick. Water aerobics is an excellent form of exercise for increasing joint mobility, flexibility and cardio health. There will be two classes offered:

- ◆ Gentle Joints Plus Core begins on Wednesday, July 11 at 7:55 a.m.
- ◆ Swingin' in the Shallow begins on Friday, July 13 at 7:55 a.m. and is designed to improve balance and flexibility.
- ◆ The cost for either of these two 6-week sessions is \$60. To enroll or for more information, please call Laila @ COA 508-651-7858.