

Aerobic Fitness



*A mid-level aerobics class
designed for participants 50+.*

*Combines bounce movements done to upbeat music
along with muscle toning and flexibility exercises.*

MONDAYS
10 a.m. – 11 a.m.

BUTTONWOOD CENTER

1 Oneida Street
New Bedford, MA 02740
508.991.6170

\$3 per class

**WEDNESDAYS &
FRIDAYS**

10 a.m. – 11 a.m.

HAZELWOOD CENTER

576 Brock Avenue
New Bedford, MA 02744
508.991.6208