

**Town of Somers
Senior Programs at Van Tassell House**

Free



**Exercise Classes
Yoga, Music and Dance**

When : Mondays - 10:45 to 11:45 - Exercise and Music with Lori

Tuesdays - 10:30 to 11:30 - Line Dancing with Richard

Tuesdays – 12:30 to 1:30 – Chair Yoga with Lisa Thomas

Wednesdays - 10:45 to 11:45 - Body Movement with Lori

Thursdays – 10:30 to 11:30 – Line dancing with Richard

Thursdays – 12:30 to 1:30 – Chair Yoga with Karen Lett

Fridays - 12:30 to 1:30 - Strength and Balance with Lori

Where: Van Tassell House - 98 Primrose Street Town of Somers

Join your friends for these fun and stimulating classes!

Partially seated ... appropriate and fun for all.

To sign up, see Princess Guerra or call -232-0807