

Exercise Classes for Seniors

www.northshorept.com

Join one of our **Osteo class at the Swampscott COA with Jasminn Bean, PT, DPT and Strong bones/balance exercise class at the Salem COA with Stephen Fulling, PT, DPT**

Please inquire about fee per class at the COA center or by email nspt@northshorept.com

Online **Gentle Chair Yoga class** with Nancy DeMuth, DPT is offered **on Monday 2:15-3:00**
(5-6 consecutive 45 min sessions)

and

Balance and Mobility class with Olivia Lufkin, PT, DPT and Jasminn Bean, PT, DPT are in-person at the Marblehead COA starting in July 2022

Benefits:

- Enhances your strength and balance
- Maintains or helps prevent osteoporosis by improving bone density.
- Improves flexibility, posture, balance, and core strength.
- Increases energy, allowing you to get back to the activities that you enjoy.

Class consists of:

- **Resistive exercises for the arms, legs. Core control with all exercises**
- **Exercises performed in a supported standing and/or sitting position.**
- **Balance and mobility exercise class is a gentle exercise class for balance, posture, flexibility, and range of motion**

Council on Aging times and locations:

Swampscott COA
200R Essex Street

Osteo Exercise

Monday 2:15 – 3:00 with Jasminn Bean, PT, DPT

Marblehead COA
10 Humphrey Street

Balance and Mobility class

Monday 10:10-10:45 with Olivia Lufkin, PT, DPT

Thursday 10:10-10:45 with Jasminn Bean, PT,

Salem COA

401 Bridge Street

Strong Bones/Balance

Wednesday 11:00-11:45 with Stephen Fulling,
PT, DPT