



Eastham Senior Center

Your Center for Active Living



Exercise is key to healthy aging – it can make your muscles stronger, increase your heart rate, improve balance, and stretch muscles. We offer seasonal and year-round exercise classes.*

Core Stretch

Wednesday • 8:45 am

Stretch and strengthen your core by incorporating Pilates and resistance training.

High Intensity Interval Training

Monday, Wednesday, Thursday • 9:45 am

A series of intense work and rest periods measured in intervals that improve cardio fitness and strength.

Hiking Club

Wednesday • 9:00 am

Low-impact, walk on trails, beaches and other local places of interest.

Light & Fit Exercises

Tuesday • 11:00 am

Exercise and strengthening, using walking, weights, and movement.

Sit & Fit

Monday & Thursday • 11:00 am

Exercises done sitting and using weights. Great for stretching and movement.

Tai Chi for Better Balance (*seasonal*)

Monday • 8:30 am

Weight therapeutic balance exercise to promote strength and fall prevention.

Yoga

Tuesday (In-person) • 8:30 am & Friday (Zoom) • 8:30 am

Includes meditation, stretching and strengthening poses done on the floor and standing.

**Please consult a physician before beginning a new exercise program.*