**Sherborn Exercise Classes**

**All Ages and Abilities are Welcome**

*Strengthen and Stretch - Tuesdays @ 9:30 -10:15 am  -St. Theresa, 35 Main Street, Sherborn, MA*  
**Cost:** $5 per class or pay for a session  
**Winter Session**  
Tuesdays, February 11, 18 and 25th  

**Spring Session I** (9 Weeks)  
Tuesdays, March 3, 10, 17, 24, 31, April 7, 14, 21, 28  
**Spring Session II** (8 Weeks)  
Tuesdays, May 5, 12, 19, 26, June 2, 9, 16, 23  

*Cardio Core - Fridays @ 10:00 – 10:45 am - Pilgrim Church, 25 Main Street, Sherborn, MA*  
**Cost:** $5 per class or pay for a session  
**Winter Session**  
Fridays, February 7, 14, 28  
**No class on February 21st**  
**Spring Session I** (9 Weeks)  
Fridays, March 6, 13, 20, 27, April 3, 10, 17 and 24  
**Spring Session II** (7 Weeks)  
Fridays, May 8, 15, 22, 29, June 5, 12, 19  

*Mindful Strength and Balance - Mondays at Unity Farm at 10:00 – 11:00 am*  
**Cost:** $10 at the door or pay for a session  
**Winter Session**  
Mondays, February 3, 10, 24, March 2, 9, and 16  
**No class on February 17th**  
**Spring Session I** (6 Weeks)  
Mondays, March 23, 30, April 6, 13, 20, 27  
**Spring Session II** (8 Weeks)  
Mondays, May 4, 11, 18, June 1, 8, 15, 22, 29  
**No Class on Monday, May 25th**  

*Gentle Yoga/Stretch and Breathe - Tuesdays from 7:00 – 8:00 pm at Unity Farm*  
**Cost:** $10 per class or pay for a session  
**Winter Session**  
Tuesdays, February 4, 11, 25, March 3, and 10  
**No Class on the 18th**  
**Spring Session I** (7 Weeks)  
Tuesdays, March 17, 24, 31, April 7, 14, 21 and 28  
**Spring Session II** (8 Weeks)  
Tuesdays, May 5, 12, 19, 26, June 2, 9, 16 and 23  

NEW! Register for All COA Exercise Classes on the Sherborn Recreation Department website. Log onto sherbornrec.com to register for the classes you would like to attend. If you need help or have questions, Kristina Gallant at 774-721-2196.  

*Classes are offered by the Sherborn Council on Aging and Sherborn Recreation Department*