

Exercise and Fitness Programs

- **Senior Exercise Class** – Join in this popular low-impact exercise class every Tuesday and Thursday morning from 9 a.m. - 10 a.m. in the Senior Center Cafeteria. The fee is \$5 per class. Call Patricia Valcour at 978-356-6650 to register and for more information.
- **Senior Swim Programs**– Open swim sessions are held at the Ipswich YMCA on Wednesdays from 11 a.m. - 12 p.m. and Fridays from 10 a.m. - 11 a.m. The price is \$3 per session which you pay at the Y.
- **Line Dancing Class**– Every Monday from 10:30 a.m. - Noon in the Senior Center Cafeteria. The fee is \$2 per class.
- **Seated Chair Yoga** - This program is for all abilities. The class is held every Thursday from 10:30 a.m. -11:30 am. The fee is \$6 per class.
- **TAI CHI** - Tuesdays and Thursdays, 10:30 a.m. - 11:30 a.m. at Mark Warner's Professional Martial Arts Academy, 43 Market St. Ipswich. Classes are free of charge.
- **Over 50 Basketball** -Every Thursday from 4 p.m. - 5:30 p.m. in the Town Hall Gym.
- **Ping Pong** - This fun group plays in the Town Hall Gym every Monday from 10 a.m. - 12 p.m.
- **Golf Club** – This group meets at Candlewood Golf Course every Thursday at 9am to play golf. Just show up and join a foursome for \$13.
- **Pickleball** – Players of all levels are welcome each Monday from 3:30-5:30pm in the Town Hall Gym.