

Newton OAS: Drop-In \$5 Fitness - updated June 1, 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Muscle, Movement, & Balance with Nicole (Gymnasium)	9:00 a.m. Muscle, Movement, & Balance with Nicole (Gymnasium)	11:00 a.m. Nia Dance with Ana (Fitness Room)	9:00 a.m. Chair Yoga with Diane (Gymnasium) Seated class	9:00 a.m. Zumba Gold with Cecilia (Gymnasium)
9:30 a.m. Ballet with Kathy (Fitness Room)	9:30 a.m. ChairOne Seated Dance with Karen (Fitness Room) Seated class	12:00 p.m. Seated Strength & Balance with Pearl (Gymnasium) Seated class	9:30 a.m. Barre with Annie (Fitness Room)	9:30 a.m. Advanced Tai Chi with Aaron (Fitness Room)
10:00 a.m. Music & Movement: Ages 0-5 with caregiver (Multipurpose Room)	10:30 a.m. LaBlast Dance Fitness with Karen (Gymnasium)	12:30 p.m. Dance Aerobics with Louise (Fitness Room)	9:30 a.m. Mindful Meditation with Betsy (Activity Room #3) Seated class	10:30 a.m. Beginner Tai Chi with Aaron (Gymnasium)
10:30 a.m. Zumba Gold with Cecilia (Gymnasium)	12:00 p.m. Chair Yoga with Diane (Gymnasium) Seated class		10:30 a.m. Muscle, Movement, & Balance with Nicole (Gymnasium)	11:00 a.m. Mat Yoga with Barbara (Fitness Room)
11:00 a.m. Mat Yoga with Barbara (Fitness Room)	12:30 p.m. Advanced Tai Chi with Aaron (Fitness Room)		11:00 a.m. Mat Yoga with Barbara (Fitness Room)	12:00 p.m. Chair Pilates with Maddie (Gymnasium) Seated class
12:00 p.m. Beginner Tai Chi with Aaron (Gymnasium)	2:00 p.m. Intermediate Tai Chi with Aaron (Fitness Room)		12:00 p.m. Zumba Gold with Carole (Gymnasium)	12:30 p.m. Intermediate Tai Chi with Aaron (Fitness Room)
12:30 p.m. Seated Strength & Balance with Pearl (Fitness Room) Seated class	3:00 p.m. Tong Ren with Aaron (Fitness Room) Seated class		2:30 p.m. Seated Zumba with Carole (Fitness Room) Seated class	1:30 p.m. LaBlast Dance Fitness with Karen (Gymnasium)
1:30 p.m. Line Dancing with Paul (Gymnasium)			6:00 p.m. Yoga with Ed (Fitness Room)	3:00 p.m. Mat Pilates with Maddie (Gymnasium)

All classes listed are “drop-in” and there is a \$5 fee per class. Please purchase a \$50 Fitness Class Pass at the Concierge Desk. If you need financial assistance, contact our Resource Navigators: 617-796-1672 or OASNavigators@newtonma.gov