

# Northampton Senior Center — 2026 Fitness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 to 9:30 am Yoga foundations*	<b>Hybrid</b> 9:00 to 9:50 am Yoga Strength & Stretch *	8:30 to 9:30 am Yoga foundations*	<b>Hybrid</b> 9:00 to 10:00 am Strength, Stretch, & Balance*	10:15 to 11:15 am Healthy Bones & Balance
<b>Hybrid</b> 10:30 to 11:30 am Low Impact Exercise *	10:15 to 11:15 am Healthy Bones & Balance	<b>Hybrid</b> 10:15 to 11:15 am Low Impact Exercise*	<p><b>Fitness Center</b></p> <p>Hours Monday – Friday 8:00 am to 3:45 pm</p> <hr/> <p>Membership is required; please stop at the front desk for more information.</p> <hr/> <p>Membership Cost Residents 60+ \$10 55 – 59 &amp; Non-Residents \$15 Financial assistance is available for those who qualify.</p>	
<b>Hybrid</b> 1:15 to 2:15 pm Tai Chi Beyond Beginner	<p>For the safety of all students, all HRYMCA classes except for “Yoga Foundations” are capped at 25 in-person students. For the on-line version of these classes please register through <a href="http://myactivecenter.com">myactivecenter.com</a>. Thank you!</p>			
<b>Hybrid</b> 2:45 to 3:45 pm Tai Chi Beginner				
<p>* Class is taught by HRYMCA instructor. Classes are \$3.00/class, unless otherwise noted. Financial assistance is available to those who qualify.</p>				