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**January 4, 2011**  
**Press Release**  
**FOR IMMEDIATE RELEASE**

Mayor Carlo DeMaria's Council on Aging, Office of Human Services in conjunction with Cambridge Health Alliance is thrilled to announce the continuance of **FREE** Fitness programs at The Connolly Center for seniors age 62 and over. Join Mayor DeMaria in his campaign to energize Everett and get Healthy and Fit in 2011.

**Free Fitness Programming is as follows:**

Join Nancy K every Monday, Wednesday and Friday 10am at The Connolly Center for the very popular, low impact aerobics class. Nancy is a certified instructor and a great motivator. If you like, you can join Jill Martin every Tuesday 10am for our most attended class, ZUMBA. This class combines modern and classic dance steps with Latin rhythms. With Jill You are sure to work off those extra pounds gained during the holidays and have fun doing it. Thursdays is the daily double for fitness at The Connolly Center with Tiffany and Bill. At 9am you can enjoy our newest class "Movement with Music" Tiffany Sankary will take you to new levels with this non-impact class. The class is designed for all activity levels, people who are already active or ones that don't exercise at all. This could be a way for you to ease into a great exercise routine. Also on Thursdays at The Connolly Center, at 10am, Bill Baron teaches a Tai Chi Class. This is also a non-impact class that focuses on meditation and balance. Join us and take advantage of the FREE programming we offer at The Connolly Center for seniors. For more information please call Dale Palma at 617 394 2323 or Ida Reppucci at 617 394 2260

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For additional press information please contact Matt Laidlaw, Director of Communications, City of Everett.

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