

| <b>WALTHAM COMMUNITY ACCESS CORP. (WCAC) SENIOR FITNESS SCHEDULE</b> |             |                            |                |                |            |
|--|-------------|----------------------------|----------------|----------------|------------|
| <b>DAY</b>   | <b>TIME</b> | <b>CLASS</b>               | <b>VERIZON</b> | <b>COMCAST</b> | <b>RCN</b> |
| Monday   | 9:00 AM     | Tai Yo Ba with Cam         | 47             | 8              | 3          |
| Monday   | 10:00 AM    | Senior Standing Exercise   | 47             | 8              | 3          |
| Monday   | 9:00 AM     | Senior Seated Exercise     | 43             | 98             | 15         |
| Monday   | 10:00 AM    | Strength with Cam          | 43             | 98             | 15         |
| Tuesday  | 9:00 AM     | Tai Yo Ba with Cam         | 47             | 8              | 3          |
| Tuesday  | 10:00 AM    | Senior Seated Exercise     | 47             | 8              | 3          |
| Tuesday  | 9:00 AM     | Senior Standing Exercise   | 43             | 98             | 15         |
| Tuesday  | 10:00 AM    | Exercise with Ann          | 43             | 98             | 15         |
| Wednesday  | 9:00 AM     | Tai Yo Ba with Cam         | 47             | 8              | 3          |
| Wednesday  | 10:00 AM    | Senior Standing Exercise   | 47             | 8              | 3          |
| Wednesday  | 9:00 AM     | Senior Seated Exercise     | 43             | 98             | 15         |
| Wednesday  | 10:00 AM    | Tai-Yo-Ba with Cam         | 43             | 98             | 15         |
| Thursday   | 9:00 AM     | Tai Yo Ba with Cam         | 47             | 8              | 3          |
| Thursday   | 10:00 AM    | Senior Seated Exercise     | 47             | 8              | 3          |
| Thursday   | 9:00 AM     | Senior Standing Exercise   | 43             | 98             | 15         |
| Thursday   | 10:00 AM    | Exercise with Stacey       | 43             | 98             | 15         |
| Friday   | 9:00 AM     | Tai Yo Ba with Cam         | 47             | 8              | 3          |
| Friday   | 10:00 AM    | Senior Standing Exercise   | 47             | 8              | 3          |
| Friday   | 9:00 AM     | Senior Seated Exercise     | 43             | 98             | 15         |
| Friday   | 10:00 AM    | Tai Chi with Marie         | 43             | 98             | 15         |
| Saturday   | 10:00 AM    | Golden Dancing with Stacey | 43             | 98             | 15         |
| Saturday   | 11:00 AM    | Senior Standing Exercise   | 47             | 8              | 3          |