

# Well-Being Committee presents Morning Movement Series

at Sargent Memorial Library, 427 Mass Ave, Boxborough, MA  
Saturdays January 24 & 31 February 7, 21, and 28 at 10am.

**Open and free to all!**

Made possible by the Acton Boxborough Cultural Council Grant

Registration required for each session. Use QR code to register.



## Jazzercise/Stretch - Jan 24th

with Missy of Jazzercise in Acton  
<https://tinyurl.com/jazzercise26>



## Yoga with Sound - Jan 31st

with Yoga with John  
<https://tinyurl.com/yogawithsound26>



## Hip Hop/Zumba - Feb 7th

by Gina & Nicole of Gina's Studio in  
Boxborough  
<https://tinyurl.com/HipHopZumba26>



## Line Dancing - Feb 21st

By Donna Shea  
<https://tinyurl.com/LineDance26>



## Mindfulness - Feb 28th

by Erin Loporto  
<https://tinyurl.com/meditation26>

