

**GET GROOVIN'
AT YOUR
OWN PACE**

**THE DANCE PARTY WORKOUT
FOR THE YOUNG AT HEART**



ZUMBA® GOLD - ZUMBA® CHAIR PERFECT FOR SENIOR CITIZENS

Zumba® Gold Chair
Tuesdays @ 12:15pm
Thursdays @ 9:00am

Zumba® Gold
Tuesdays @ 1:00pm
Thursdays @ 9:45am

NO COST BUT DONATIONS ACCEPTED

Zumba® Gold – the moves you love at a lower intensity. Builds strength & flexibility. Improves memory, balance, coordination, & confidence

Zumba® Gold Chair – is great for those with limited mobility of any age to have some fun. Same great Zumba® moves while sitting in chairs.



Instructor:
Mary Jane Fast

for more info:

 zumba.com

 [ZumbaMaryJane](https://www.facebook.com/ZumbaMaryJane)


**Council
ON Aging**
VAN WERT COUNTY, OH

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Council on Aging**
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