

Zumba Gold

In-Person Classes

Tuesdays

1:30p.m.-2:30p.m. with Emily

Thursdays

3:30p.m.-4:30p.m. with Suzi



This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

❖ **Please remember to bring your water bottle.**

“Always consult your physician before beginning any exercise program.”

This Program is for Ages 60+

Cambridge Senior Center

806 Massachusetts Ave.,

Cambridge, MA 02139

617-349-6220



<http://www.cambridgema.gov/councilonaging>