



ZUMBA[®]

gold

Fridays, 9:30am -10:30am

North Cambridge Senior Center

266B Rindge Ave
617-349-6320

\$3 class fee

ZUMBA GOLD provides the beginner and active older adult a fun and safe dance fitness program. Designed to be slower paced and easy to follow, all ages and abilities can benefit from this enjoyable and effective workout.

Taught by a certified **Zumba Gold** instructor.

See you on the dance floor!

Let's Dance!