

COMING SOON

Zumba Gold

Mondays: October 18th - November 22nd.

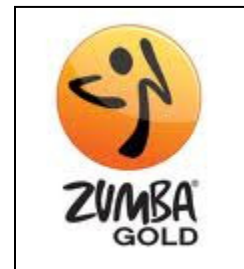
A six week session

1:00 - 1:45

Join Heather Cintron, a certified Zumba instructor for a six week Zumba Gold class. Zumba Gold fitness is an innovative, fun and exciting dance/excersise program

designed for the active older adult, the true beginner and /or people who are not used to exercising or limited physically.

Zumba Gold incorporates great latin music and dance steps such as the Merengue, Salsa, Cha Cha, and Cumbia to name a few.



Please wear comfortable clothes and sneakers to class.
Bring a water bottle and a small towel.

Donations are appreciated!

Cost for persons under the age of 60 is \$5.00/class.

White Rose Senior Center
27 S. Broad St.
York, PA 17403

ANY QUESTIONS CALL:

Lisa Krout
(717) 873-9704