

PRESENTED BY OLDER ADULT SERVICES

ZUMBA GOLD WORKSHOP



Zumba Gold uses dance moves mixed with exercise for an effective low-impact workout.

Wear loose clothing and sneakers.

Participants must preregister by telephone.

Instructor is **Suzanne Windland.**

ADMISSION IS FREE.

Mondays
September 11 – October 23
(except 10/9)

4:30 pm

FRESH MEADOWS

193-20 Horace Harding Expressway
718-454-7272
Q17, Q30, Q88