

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


**Thursdays, October 5 – December 7 (except 11/23); Monday, December 11
6 pm**

SUNNYSIDE

43-06 Greenpoint Ave.

Long Island City

718-784-3033

 to 46th Street/Bliss St.

B24 Q32 Q39 Q60