

STAYING FIT WITH ZUMBA FOR SENIORS: WEBINAR



Tuesday, October 1, 2024
11:30 a.m. - 12:30 p.m.

Join us for a Zumba session led by
Fernanda Jarrin, a certified Zumba
instructor.

You will learn some basic simple
movements to help burn some calories,
improve heart health and reduce stress.



Register by phone or email:
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