

VIRTUAL ZUMBA FOR SENIORS



Thursday, December 4, 2025
10:15 a.m. – 11:00 a.m.

Please join us for a Zumba session led by Fernanda Jarrin, a certified Zumba instructor. Fernanda's choreography is creative and fun, and her teaching style makes even the most straightforward moves fresh and dynamic.

- Fun, low-impact dance fitness
- Join from home via Zoom
- Great music, great energy
- Stay active & connected
- No experience needed



For registration, please email:
becnic@achev.ca

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