

OCCOA

presents

ZUMBA[®] FITNESS



The Zumba Gold Fitness program is second to none. It is an innovative, fun and exciting program. It was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or who may be limited physically. Zumba Gold is done at a lower intensity, not as fast, but certainly as fun! The same great Latin styles of music and dance are used.

Free Demo Class Thursday, May 6, 2010
from 10:30-11:30 a.m.

Classes will be held

Thursday's starting May 13, 2010

10:30 a.m.-11:30 a.m.

Powerhouse Gym

Cost: \$3.00 per session

WALK IN'S WELCOME !
"NO Gym Membership Needed"

ZUMBA!



Sponsored by your Otsego County Commission on Aging