

# OCCOA

presents

# ZUMBA<sup>®</sup>

## 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