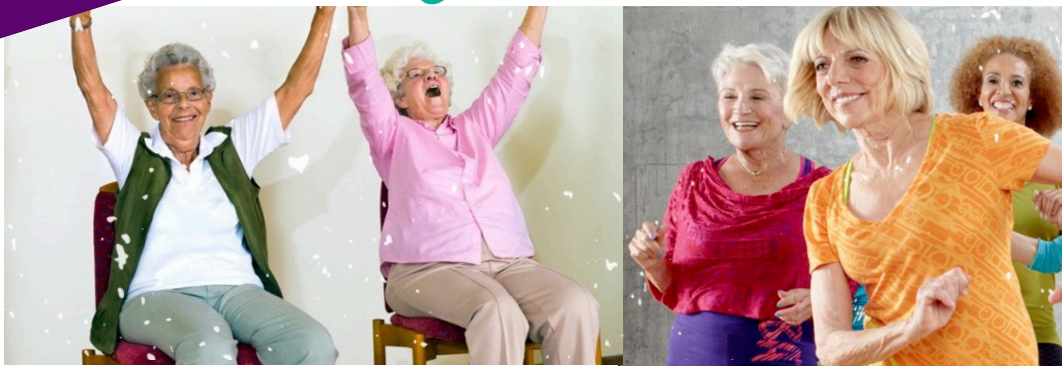


FREE

ZUMBA Gold



Weekly Zumba Gold Classes

Tuesdays

Colborne Library

2pm



Zumba Gold is a low-impact dance-fitness class for seniors that uses fun music with easy-to-follow moves to create a dynamic and fun fitness class. Zumba Gold classes strive to improve our strength, balance, flexibility and most importantly, the heart!

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada



Contact Us;
info@cramahelibrary.ca
Colborne Library 905-355-3722
Castleton Library 905-344-7320