



KATJANA BALLANTYNE  
MAYOR



Zumba Gold® uses Latin and international rhythms and is a lower-intensity version of Zumba® for active older adults. It uses easy-to-follow moves that focus on balance, range of motion, and coordination. The class is designed to develop cardiovascular endurance, muscular conditioning and flexibility while helping relieve arthritic pain.

**Join the party™ and let the music move you!**

**Six week program starting  
Wednesday January 3rd at 11am**

**Zumba Gold® is brought to you by the Somerville  
Department of Parks and Recreation.**

For more information and to register,  
contact Michelle Deutsch at 617-625-6600 x2315