



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!

**Wednesdays, September 17th and 24th and October 1st, 8th, 15th, 22nd, and 29th at 11:30am
at the Holland Street Center**

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



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.