



# ZUMBA® gold



JAKE WILSON  
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!**



Wednesday, February 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> 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](mailto: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](mailto:somerviva@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.