



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!

Seven week program on Wednesday, May 6th, 13th and 20th and June 3rd, 10th, 17th and 24th at 11:30am at the Holland Street Center, no class on May 27th

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



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

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.