



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!

**Five week program on Wednesday, September 23rd and 30th,
and October 14th, 21st and 28th at 11:30am
at the Holland Street Center, no class on October 7th**



**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.