



Grand Island Recreation Department



Senior Sneakers Zumba

Wednesday's

w/ Certified Instructor Evelyn Falls

@ Community Center 3278 Whitehaven Rd. (Nike Base Complex)



10:30am-11:15am

45 min. class for 4 weeks

S2 starts: Wed. Feb. 9, 2022 *(no class Feb 23)*

S3 starts: Wed. March 23, 2022 *(no class Apr. 13)*

S4 starts: Wed. May 4, 2022



Minimal impact **Zumba Gold** class for ages 50+. This is an "at your own pace" class! We will focus on gentle impact exercise that have no impact on knees and other joints. This class will provide slower paced dance moves, with simple choreography & fun songs!

Class for ages 50 & up.

Online Registration \$35 /Res. or \$50 Non-Res

Registration and payment go to: <https://grandislandny.myrec.com>

Click on "programs"

*Note: Check the website program for scheduled dates

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