

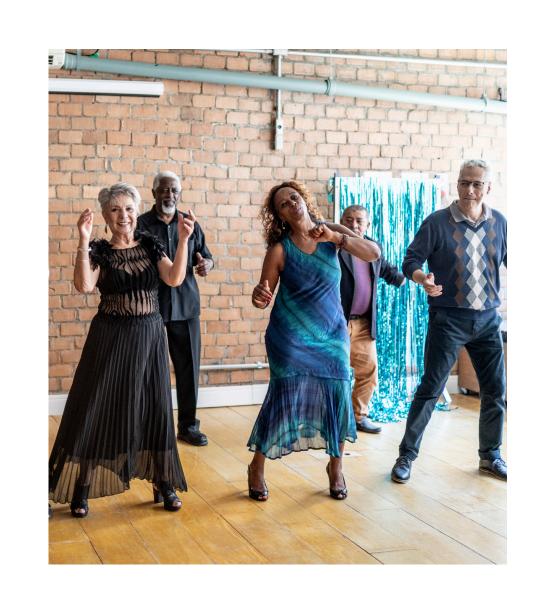
STAYING FIT WITH ZUMBA FOR SENIORS: WEBINAR



Tuesday, August 5, 2025 1:00 p.m. - 2:00 p.m.

Join us for a Zumba session led by Fernanda Jarrin, a certified Zumba instructor.

You will learn some basic simple movements to help burn calories, improve heart health and reduce stress.



Register by phone or email: (905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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