



**Cambridge Senior Center (806 Mass. Ave.)**

**Fitness Classes**



# ***Zumba Gold***

**In-person**

**Tuesdays, 1:00- 1:45 pm with Emily**

This is a low impact, easy to follow, 45-minute Latin-inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Please remember to bring your water bottle.

*Always consult your physician before beginning any exercise program.*

**To register, call the Council on Aging at 617-349-6220.**



**This program is for ages 60 years and older.**

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

[www.cambridgema.gov/CouncilOnAging](http://www.cambridgema.gov/CouncilOnAging) • 617-349-6220