

A LOWER IMPACT DANCE CLASS DESIGNED WITH SENIORS IN MIND. THIS FUN AND SOCIAL CLASS WILL TEACH DIFFERENT TYPES OF LATIN AND INTERNATIONAL DANCES. THE CLASS PROVIDES SIMPLE TO FOLLOW ZUMBA CHOREOGRAPHY THAT PROMOTES BALANCE, RANGE OF MOTION, POSTURE STRENGTHENING AND COORDINATION.

MONDAYS - 12:30 PM TO 1:30 PM #12733 - SEPTEMBER 15 - OCTOBER 20 #12734 - OCTOBER 27 - DECEMBER 8\*

CLASSES TAKE PLACE AT THE WALNUT SENIOR CENTER (21215 LA PUENTE RD.)

REGISTER ONLINE AT WWW.CITYOFWALNUT.ORG OR CALL WALNUT SENIOR CENTER (909) 598-6200