

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 #12668- SEPTEMBER 9 - OCTOBER 14 \*#12669- OCTOBER 21 - DECEMBER 9

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

REGISTER ONLINE AT WWW.CITYOFWALNUT.ORG OR CALL WALNUT COMMUNITY SERVICES AT (909) 598-5605