

**Classes
Starting**

**Fitness Classes:
Thursday,
January 14
9-10 a.m.
\$20 for 8 weeks**



ZUMBA®
fitness

**dance-based
fitness inspired by
traditional salsa,
samba and fun
Latin rhythms.**

**...move and have fun
no partner needed!**

ZUMBA CLASSES

Certified Fitness Instructor: Katy Townley

**Wood County
Committee on Aging
305 North Main Street
Bowling Green, OH
419.353.5661
www.wcco.net**

**E-mail us at:
programs@wcco.net**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program for older adults that will provide you with:

- Strength
- Coordination
- Agility
- Improved posture
- Endurance

*We want you to want to
exercise, to love
exercising, to get hooked.*

Classes starting
in January!

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Senior Center
305 N. Main St
Bowling Green

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**WOOD COUNTY
COMMITTEE
ON**
Aging