

**Classes
Starting**

Fitness Class:

Thursday,

March 11

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.wccoa.net

E-mail us at:
programs@wccoa.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 March!

**Thursday's
9 –10 a.m.**
Wood County
Senior Center
305 N. Main St
Bowling Green

\$20 for 8 weeks

**WOOD COUNTY
COMMITTEE
ON**
Aging