

**FREE
OFFER**

**Sample Class
Tuesday,
January 12
10:30 a.m.**



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

...move and have fun!

ZUMBA GOLD CLASSES

Licensed Zumba Gold Instructor: Ann-Marie Searle

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

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

The Zumba® Gold 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
February 9 - March 30**

**Tuesday's
10 - 11 a.m.**

Northeast
Senior Center
705 North Main St
Walbridge

\$20 for 8 weeks

**Advance
registration
required!**

**WOOD COUNTY
COMMITTEE**

ON
Aging