



ADULT ZUMBA

Zumba (ages 35+): This popular class focuses on fit and fun at moderate intensity. This is an “at your own pace” class you can focus on exercise and low impact on knees and other joints. This class will have moderate-paced dance moves, with simple choreography & fun songs!

This program is taught by an independent certified instructor: [Evelyn Falls](#)

45 Min. Class for 4 Weeks

Register for: **Zumba Wednesday Mornings 1030am**

Community Center 3278 Whitehaven Rd. Grand Island NY. (Nike Base Park)

Beginners Welcome! Online Registration is required.

Required: Appropriate footwear, a water bottle is optional.

Online Registration Information, Registration and payment go to:

<https://grandislandny.myrec.com> Click on “programs”

Be sure to check the website for complete program schedule

