

ZUMBA GOLD DANCE FITNESS!

New Program Coming to the Dudley Senior Center Beginning Thursday, Jan 11th @ 11AM, (45 min classes). Zumba Gold Dance Fitness for Senior's! Come join us, \$2.00 donation per class. Instructor is Steph Bolduc, Call Margaret, @ 508-949-8015 X3 for more information, or to sign up.

Zumba Gold is a dance fitness class for the active older adult. The class focuses on strength, balance, and coordination through a fun, upbeat, low intensity work out.