FRESH MEADOWS

PRESENTED BY OLDER ADULT SERVICES

ZUMBA GOLD Workshop



Zumba Gold uses dance moves mixed with exercise for an effective low-impact workout.

Wear loose clothing and sneakers.

Participants must preregister by telephone.

Instructor is **Suzanne Windland**.

ADMISSION IS FREE.

Mondays September 11 – October 23 (except 10/9) 4:30 pm FRESH MEADOWS 193-20 Horace Harding Expressway 718-454-7272 Q17, Q30, Q88

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Participants should consult with their physicians before undertaking any exercise, nutrition or health-improvement program. These programs are funded by The Fan Fox and Leslie R. Samuels Foundation. Queens Library is an independent, not-for-profit corporation and is not affiliated with any other library system.

