



**Licensed Zumba Instructor**

**Lauren Lam**

**Thursdays 1:00 pm – 2:00 pm**

**April 27 – June 29, 2017**

**Registration Fee: \$20.00**

**For Women of any Age**

**Stanley Park Baptist Church**

**Call 519-576-1100 to Register**

**Wear comfortable clothing and running shoes.**

**Please bring water and a towel**

**Perfect For**

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

**How It Works**

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**Benefits**

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!