



Licensed Zumba Instructor

Lauren Lam

Thursdays 1:00 pm – 2:00 pm

April 26th – June 21st, 2018

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!