

MOVING AND GROOVING



Join Karen, certified Zumba and Zumba Gold instructor, for a weekly fun and effective cardio based workout.

Choreographed to popular music of the 60's and 70's, and designed for those seeking a lower impact fitness class, Moving and Grooving is the perfect choice for Older Adults of any fitness level. The class requires no equipment, the moves are simple, and no previous dance experience is needed.

To register, email Jennifer at jjosephson@brockchc.ca.
705.432.3322

- MONDAYS -
2PM

- WEDNESDAYS -
1PM

VIRTUAL VIA ZOOM

