

Niskayuna Senior Center ~ 2682 Aqueduct Road, Niskayuna, NY 12309 ~ 518-372-4969



2016 Zumba Gold Classes

Three 8 Week Sessions

Thursdays from 12:45 to 1:30

\$24 per session. A minimum of 10 participants is needed to run the class.

Class schedule is subject to change.

Full refunds will be given if enrollment is insufficient.

In the past we have had generous sponsorship for some sessions.

If we secure sponsorship for a session, we will adjust the fee accordingly.

What is Zumba Gold?

It's a dance fitness program designed for the older active adult or beginner. It's exercise in disguise! So put on your sneakers and come dance!

Session 1

February ~~Canceled~~ (including 2/18)
At instructor's request.

Session 2

April 7 to June 2 (excluding 4/28)

Session 3

September 22 to November 10

*Location: Upper Level of Niskayuna Senior Center
2682 Aqueduct Road, Niskayuna, NY 12309*

Comfortable clothes and a water bottle are recommended.

To register, please contact Laurie St. Jeanos, licensed Zumba Gold instructor at lstjeanos@yahoo.com or call 694-2266. Checks payable to Laurie St. Jeanos.

Zumba Gold ~ Select Session 1 _____ 2 _____ 3 _____

Name: _____ Phone: _____

Address: _____

Emergency Contact Name & Telephone #: _____