

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

The Niskayuna Senior Center is pleased to offer CDPHP Zumba Gold....



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!

*This program is offered at no charge to our members courtesy of a generous sponsorship by **CDPHP**.*

Eight week session

September 22-November 17, 2016

(excluding October 13)

Thursdays 12:45 to 1:30 pm

Location: Upper Level of Niskayuna Senior Center

2682 Aqueduct Road, Niskayuna, NY 12309

Comfortable clothes and a water bottle are recommended.

Laurie St. Jeanos is a licensed Zumba Gold instructor.

Please contact her directly with questions at lstjeanos@yahoo.com or call 694-2266.

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Name: _____ Phone: _____

Address: _____

Emergency Contact Name & Telephone #: _____