



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!

Six week session ~ \$24

Mondays - February 6, 13, 27 March 6, 13, 20

11:00 - 11:45 AM

Please note: There is no class February 20.

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

A minimum of 10 participants is needed to run the class.; full refunds will be given if enrollment is insufficient.

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.

Registration

Register online* with a Town of Niskayuna Rec 1 account or call Senior Programs at 372-4969.

* Visit www.niskayuna.org

Click on "Recreation Programs" (top row, right column in Citizens Action Center on left side)

Click on "Online Registration" (top button in column on left)

Scroll down to "Senior" section and click on "Senior Fitness" (afternoon or morning)

Use the box to the right of the program description or in the upper left of the page to "Create an account" (first time users) or Log in (returning users)