

Ske:g Himdag Ki - 11725 E. Indian School Road

Presented by HHS Diabetes Prevention Services – Fitness Center

Chair-Based Class

ZUMBA GOLD

10:30 am – 11:00 am

Wednesday
August 6 & 27

Fitness Center Aerobics, 2nd floor

ZUMBA GOLD INSTRUCTOR : RACHEL SEEPIE

Perfect for the active older adults who are looking for a modified Zumba® class easy-to-follow choreography, and lower-intensity.

Join the Party!



Fitness Center: 480-362-7320