



# Zumba

***Keep active and stay young at heart. Come and groove with the exciting dance fitness workout featuring upbeat Latin and world rhythms, designed specifically for seniors. Join us every Monday for 6 weeks.***

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***Where: BCYF Grove Hall Senior Center  
51 Geneva Ave, Dor. MA.02121***

***When: Mondays December 18, January 8, January 22,  
January 29, February 5, February 12.***



***For any questions contact:***



***Ayana Green, Elderly Service Worker or***

***Aidee Pomales, Admin. Coordinator 617-635-1486***

***Membership and classes free of charge!***

