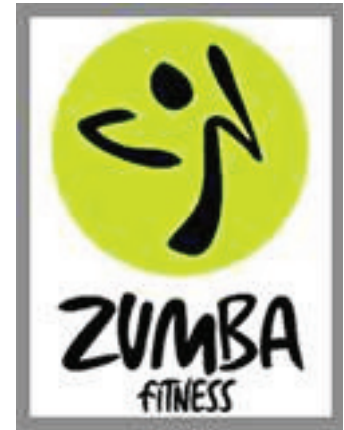


YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Beginning Zumba 101

Using Latin dance music, this class was designed for the active older adult, the true beginner, and /or people who are not used to exercising, or people who may limited physically.



Date: April 5 - April 28
May 3 - 28th

(No class Memorial Day)

Times: Wednesdays
11:20 - 12:20 pm

Location: Multi-purpose room

Members: Free

Community Members: \$25 per month



Release the "pause" button in your life and put play in your day!

Contact: Audrey Urista,
Active Adult Director
(541)440-9622 ext 207

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Central Douglas County Family YMCA

1151 Stewart Parkway, Roseburg, OR 97471

(541) 440-YMCA (9622)

www.ymcaofdouglascounty.org