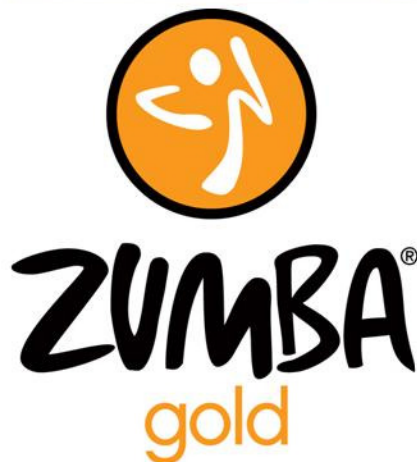


Gananda-Walworth Physical Therapy



VILLAGE FITNESS

GETTING BETTER · STAYING BETTER · LIVING BETTER



**GET
YOUR
Moves
ON!**

Starting January 2, 2012

Zumba Gold® – Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

MWF 7:30 am with Marcia

1218 Mayberry Place Macedon, NY 14502

Phone: 315-986-1528

www.villagefit.com