



**Grand Traverse County Commission on Aging
Senior Center Network**

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FOR IMMEDIATE RELEASE

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Subject: Evening Zumba Class Added at Senior Center

In addition to the two daytime Zumba classes the Senior Center currently offers, beginning Monday, June 22, at 6:30 p.m., they will begin offering a 45 minute Zumba class. This total body “exercise in disguise” class combines Latin and world rhythms for cardio and muscle conditioning to improve endurance, strength, balance and flexibility.

The Zumba workout craze isn’t going away any time soon as it’s perfect for anybody looking to have a blast burning calories. “The instructor, Martha teaches words in Spanish during the class and participants really love it,” says Ericca Hovie, Program Coordinator.

Each class is \$7 per person, no advance registration necessary. Questions? Call 231-922-4911 or email ehovie@grandtraverse.org

The Senior Center Network is part of the Grand Traverse County Commission on Aging – “Caring for those who cared for you” for 40 years.