



Grand Island Recreation Department



Silver Sneakers Zumba Wednesday's

w/ Certified Instructor Evelyn Falls
@ Community Center 3278 Whitehaven Rd. (Nike Base Complex)



10:30am-11:15am

45 min. class for 4 weeks

Session 1 starts: Wed. Jan. 5, 2022

Session 2 starts in February. Check website for dates

Minimal impact **Silver Sneakers Zumba Gold** class. This is an “at your own pace” class! We will focus on gentle impact exercise that have no impact on knees and other joints. This class will provide slower paced dance moves, with simple choreography & fun songs!



Class for ages 50 & up.

Online Registration \$35 /Res. or \$50 Non-Res

Registration and payment go to: <https://grandislandny.myrec.com>

Click on “programs”

Note: Be sure to check the website for complete program schedule