



Zumba Gold is Back!!!

Beginning Sept. 22nd

Thursday Nights

5:30-6:30 PM

Hanover Township Senior Center

Have fun while exercising!

This dance-based fitness program focuses on improving balance, strength and flexibility, while raising your heart beat and improving cardiovascular ability.

Instructed by Julie Ramirez, owner of Studio Energia located in Streamwood.

Drop-in class · \$1 exercise coupon

