

Celebrate Seniors' Month in Ontario *with a complimentary* *Zumba Gold workshop*



followed by light refreshments at the
Centre for Elder Research

Jill Laskey (Parry) has been a group fitness instructor and personal trainer for 20 years and is licensed to teach Zumba, Zumba Gold, Zumba Toning, and Zumbatomic. Jill's philosophy is to make fitness fun, and she brings her crazy sense of humour to every class. Be prepared to get an ab workout just from laughing!

Trainer: www.jilllaskey.zumba.com

WHEN

Saturday, June 20, 2015
1:30 p.m. - 2:30 p.m.

WHERE

Dance Studio H125
Sheridan College
1430 Trafalgar Road, Oakville

PLEASE RSVP BY JUNE 17

Marta Owsik at
905.845.9430 x4282 or email at
marta.owsik@sheridancollege.ca

Zumba Gold® takes the proven Zumba formula and modifies the moves and pacing to suit active older participants 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.

No experience required.

Open to men and women.

Wear sturdy sneakers.

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