



Australian
Multicultural
Community
Services



FREE Zumba for Seniors: Dance for Fitness and Fun!

Join Gerry Sharman online, every Monday
on Zoom - Embrace wellness together

Benefits for Zumba Dancers:

- Improve your cardiovascular health, endurance, and flexibility.
- Have fun and enjoy Gerry's music and dance moves
- Enjoy the benefits of dance for your overall wellbeing
- Join online in the comfort of your own home

What to Expect:

- Lively and enjoyable workout sessions.
- Socialise online, and look forward to seeing Gerry every Monday

This program is funded by the Ian Rollo Currie Foundation

When:



Online, every Monday, 10 am - 11 am



April 15th - June 17th, 2024

Register here:



For more information, contact Rasika at:



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amcservices.org.au

Australian Multicultural Community Services

We care, we support, we empower

ABN: 69 022 519 263