

*Thursday's  
11:30 am—12 noon  
At the Point Reyes Dance Palace*



# *Zumba Class*

*For older adults*

## *How you will benefit...*

- Strengthens cardiovascular system
  - It is easy on your joints
  - Enhances your balance
  - Builds coordination skills

Come join in the fun while you build up an appetite for  
The Community Lunch that follows at 12 noon.

Drop-ins welcome!  
Donations are appreciated



**Cathy Davis** is the owner of Marin Fitness. She has over 22 years of certified experience working with older adults as well as specializing in areas of injury and disabilities. She enjoys exercise and the joy of getting older adults moving, which in turn makes them happy.

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