

# STAYING FIT WITH ZUMBA FOR SENIORS: WEBINAR



**Tuesday, October 21, 2025**  
**1:00 p.m. - 2:00 p.m.**

Join us for a Zumba session led by Fernanda Jarrin, a certified Zumba instructor.

You will learn some basic simple movements to help burn calories, improve heart health and reduce stress.



**Register by phone or email:**  
**(905) 677-0007 Ext. 5233**  
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