

VIRTUAL ZUMBA & BRAIN GAMES FOR 55+



Thursday, January 15, 2026
11:30 a.m. - 1:00 p.m.

Get moving with a beginner-friendly Zumba workout led by an enthusiastic instructor—perfect for all fitness levels, including chair-based options for seniors.

After the workout, engage in games that boost memory, focus and mental agility.



For registration, please email:
becnic@achev.ca

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