

STAYING FIT WITH ZUMBA FOR SENIORS: WEBINAR



Tuesday, February 3, 2026
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
MaltonNIC@achev.ca

Follow Achēv on:
f @ in X @ 