

MOVE & GROOVE: IN-PERSON ZUMBA FOR NEWCOMERS & 55+

In Collaboration with
SEVA Food Bank



Wednesday, October 28, 2026 | 12:00 p.m. – 2:00 p.m.
60 West Drive, Brampton, L6T 3T6

Join us for a Seated Zumba session! Enjoy a fun and energetic workout from the comfort of a chair. This low-impact class combines simple dance movements with great music to help you stay active and engaged.

What to expect:

- Fun, low-impact seated dance fitness
- In-person group session
- Great music and positive energy
- Suitable for all abilities and fitness levels

Eligibility – Permanent Residents and Convention Refugees

Spots are limited and available on a first-come, first-served basis.

Registration confirmation is required to participate.

REGISTER NOW



Follow Achēv on:

