

# *Fitness After Fifty* at the Grayling Senior Center



## **Zumba Gold Fitness**

Judy Morford, Licensed Instructor



**Zumba Gold Fitness is a fun and exciting fitness program done with Latin music. It was designed for the older adult both fit and those who may be limited physically. The Zumba Program strives to improve balance, strength, flexibility, and most important, the heart. You can even participate sitting in a chair. Bring comfortable “no traction” shoes and a water bottle.**

**This is a FREE class open to both men and women.**

**When: Every Monday at 12:30pm  
Every Tuesday at 10am**

## **Clogging**

*It's not with wooden shoes!*

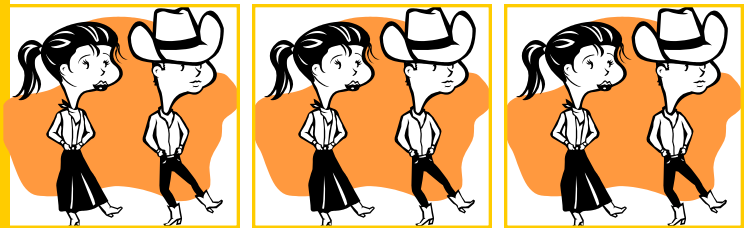
Judy Morford is facilitating **FREE** clogging classes at the Grayling Senior Center for both men and women. Clogging is an American folk dance that is similar to tap dancing but it is more fun and easier to learn. No dance experience is needed to attend these dance classes, just come as you are!



**When: Every Monday  
1:30pm**

## **Line Dancing**

Facilitated by Ann Doty



Come one, come all, everyone is invited to attend Line Dancing.

No experience needed.

This is a **FREE** class for both men and women.

**When:** Every Wednesday at 10am

**Call the Senior Center at 348-7123 for more information.  
Located at 308 Lawndale St. in Grayling behind Burger King.**