



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# IT'S NOT JUST KIDS STUFF

## Active Older Adult Programs

Programs Begin September 8, 2014  
 Members Free General Public \$7/day

# COME SPEND YOUR MORNINGS WITH US

### Line Dancing with Victor Fonseca

Learn all the latest line dances. The Electric Slide, Cha Cha Slide, Jitterbug Line Dance, Cupid Shuffle, Tango Line Dance and more in our new line dancing class with a New Bedford favorite, Victor Fonseca.

### Zumba Gold with Jacqui Dary

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

### Functional Forever with Wayne Goulart, PT

Re-gain or maintain your strength, balance and stability as well your level of function in day-to-day activities. Emphasis will be on leg and core strength.

	8 - 9 am	9 - 10 am	10 - 11 am	11 am - 12 pm
Tuesday	Forever Functional with Wayne Studio	Coffee Hour (Gentle Yoga)	Zumba Gold with Jaqui Studio	Social Hour
Thursday	Forever Functional with Wayne Studio	Coffee Hour	Line Dancing with Jaqui Studio	

## New Bedford YMCA

25 S Water Street New Bedford MA 02740  
 508.997.0734 • ymcasouthcoast.org

For program information, fees and class times, contact  
 Mary Beth Gamache, Health & Wellness Director  
 at 508.997.0734 x130  
 mgamache@ymcasouthcoast.org