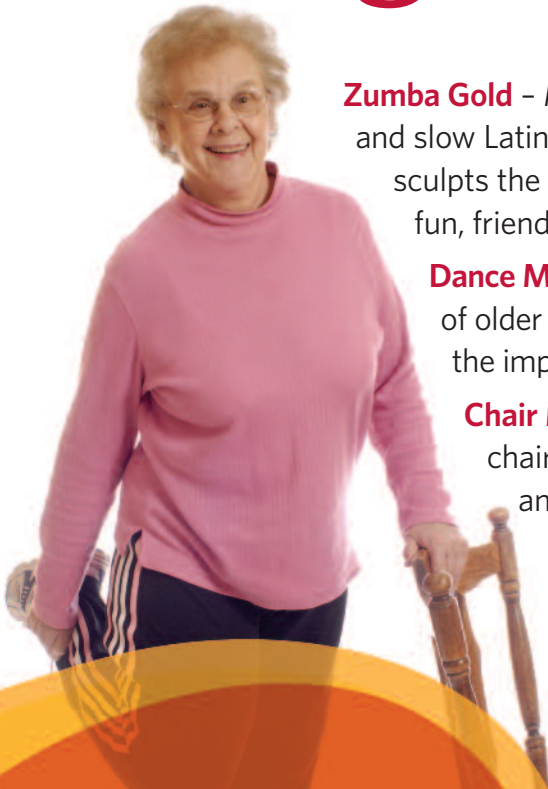


MVP HEALTH CARE

Living Well Programs



Zumba Gold – *Put on your Latin dancing shoes!* This class combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core. Zumba Gold is a fun, friendly workout anyone can do including beginners.

Dance Moves – *Come dance with us!* This class promotes the health of older adults by offering a variety of dance styles and emphasizes the importance of stretching, balance, and coordination.

Chair Moves – *Stay as mobile and strong as possible!* This is a chair-based class that emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

**CLASSES ARE FREE,
COMPLIMENTS OF
MVP HEALTH CARE**



WINTER/SPRING SESSION MONDAY, FEBRUARY 15 - MAY 29

National Museum of Dance 1-800-209-3945 (TTY) 1-800-662-1220	February 15-May 24	<i>Dance Moves/ Zumba Gold</i>	Mondays/1:00-2:00 PM
Cohoes Senior Ctr. (235-2420)	March 23-May 25	<i>Chair Moves</i>	Tuesdays/11:15 AM-12:15 PM
Shenendehowa Adult Community Center (383-1343)	March 9-May 25	<i>Dance Moves</i>	Tuesdays/1:00-2:00 PM
Moreau Community Ctr. (792-6007)	March 9-May 25	<i>Zumba Gold</i>	Tuesdays/3:00-4:00 PM
JCC of Albany (438-6651)	February 17-May 26	<i>Zumba Gold</i>	Wednesdays/10:00-11:00 AM
JCC of Schenectady 1-800-209-3945 (TTY) 1-800-662-1220	March 11-May 27	<i>Zumba Gold</i>	Thursdays/11:15 AM-NOON
Senior Services of Albany (465-3325) <i>Louise Corning Center</i>	March 11-May 27	<i>Dance Moves</i>	Thursdays/1:00-2:00 PM
Clifton Park-Halfmoon Library (371-8622)	February 25; March 25; April 29	<i>Zumba Gold</i>	Thursdays/6:00-6:45 PM
Troy Senior Ctr. (270-5348)	March 12-April 30	<i>Chair Moves</i>	Fridays/9:45 AM-10:30 AM
Gold Striders Walking Clubs	<i>Kickoffs; First week in March</i>		
Rotterdam Square	Jan. 11; Feb. 8; <i>Ongoing session</i> March 1-May 17		Mondays/8:00 - 9:00 AM
Wilton Mall	Jan. 15; Feb. 12; <i>Ongoing session</i> March 5-May 21		Fridays/8:00 - 9:00 AM

www.mvphealthcare.com