



# In-Person Hudson Valley

## Chair Zumba

Wednesdays, July 8–August 26

2–3 pm

Kingston Senior Hub

5 Development Court, Kingston

In partnership with the Ulster County Office for the Aging. Take a seat and get ready for a dance fitness workout! The class will feature seated movements that help to improve balance, coordination, and overall strength.

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Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.



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