

MMHG Wellness Presents:

Zumba Toning

At the Kingston Senior Center with Instructor Debbie Rafferty



Zumba Benefits:

- * Improved balance & muscle tone
- * Burns calories
- * Heart healthy
- * Increased bone density
- * Good for all levels
- * Mood boosting
- * Improves endurance
- * Increases your blood flow
- * Makes you happier & helps manage stress
- * Improves coordination

Register Today!

Mondays, 4:30– 5:30 P.M.

April 8, 22, 29, May 6, 13, 20 June 3, 10, 17, 24

Town of Kingston Council on Aging (Senior Center)

30 Evergreen Street

Kingston, MA 02364

How it works: Register by email at kellymorseperez@mmhg.org (or call 774- 773-9306). There will be fitness waiver forms and a sign in sheet available to sign before the first class. You MUST sign a fitness waiver to attend, as well as sign in before each class.

This regional program is brought to you by MMHG Wellness and is FREE to all employees, retirees & dependents 18+ of MMHG member units.

Always check with your health care provider before beginning a new exercise program.