

## Member Testimonials

What Do People Say about...

Zumba Gold Toning

“Very much enjoyed the program. Marie looks like she is enjoying herself as well.”

“The program was amazing. (The instructor) She was fantastic.”

“I had never done Zumba but I really enjoyed this program.”

Zumba Gold Monday

“Very fun. Instructor helpful and patient.”

Yoga For Men

“Very Helpful for my back and shoulders”

“Has increased my range of movement and flexibility. My chiropractor says my adjustments are easier.”