

April 5, 2020

Hi Everyone,

Ok, something a little lighter to end the day. I know a lot of us are having trouble keeping physically active during this time, I sure am. And I'm thinking that those of you who were involved in our two Zumba classes at the Center are missing those energetic afternoons in the Fitness Room.

So I'm sending out a link to our instructor, Claudia Rodas' website. Claudia's online fitness classes normally cost a modest amount, but Claudia is including some *free* sessions of Zumba fun as well as other fitness routines for you to enjoy.

If you'd like to catch-up with Claudia or just check out this thing called "Zumba" for the first time, here's your chance.

www.clarofitness.com

Take care,
Frank