



Zumba Gold Chair

Friday, November 6, 2026
Friday, November 20, 2026

1:00 pm

Location:
Kent Street Activity Centre,
1475 Kent Street, White Rock, BC V4B 5A2

Registration:
EMAIL: SEMI.SENIORS@GMAIL.COM
CALL: 778-725-0711 (LEAVE A MESSAGE)
ONLINE: WWW.SEMIAHMOOSENIORS.COM

Instructor: Mary Lou Rust

Mary Lou is licensed to teach Zumba Gold and Zumba Gold Chair, Zumba Toning and Zumba Gold-Toning, Aqua Zumba, Zumba Sentao, Zumba Kids + Kids, Jr.

She is also a certified Ballroom, Latin, Swing Dance Instructor who was chosen by Zumba Fitness to teach the Guests of Celebrity Cruises on their ships around the world and has been a Guest Instructor for Princesse, Holland America and Paul Gaguuin Cruise Lines in the South Pacific.

A FUN, DYNAMIC ZUMBA GOLD CHAIR CLASS!

Enjoy Latin and international inspired music and easy-to-follow dance moves designed for mature adults and all abilities.

Light refreshments

Free

This event is hosted by
Semiahmoo Seniors Network

Generously funded by a
Peace Arch Hospital
Healthy Community Grant.

Semiahmoo Seniors Planning Table

PEACE ARCH HOSPITAL FOUNDATION
The heart of a healthy community

Register Online at
www.semiahmooseniors.com