



Free Zumba Classes

Class Led by:

Martha Grimes

Certified Zumba Instructor

Join us for **FREE** community Zumba classes!

Registration is highly recommended -
walk-ins are also welcome.

For more information, please contact the
Health Promotion Department at
HealthPromotion@SalinasValleyHealth.com
or **831-759-1890**.

Open to ages 16 and above.



**Scan the QR Code
for more information
and to register**

Mondays, 6:00-7:00pm

January 12 and 19

February 9 and 16

March 9 and 16

**Taylor Farms Family Health
& Wellness Center
Community Room**

850 5th Street
Gonzales, CA 93926

Fridays, 6:15-7:15pm

January 9 and 16

February 6 and 13

March 6 and 13

Boys & Girls Club Salinas

85 Maryal Drive
Salinas, CA 93906

Wednesday, 1:00-2:00pm*

January 21

Japanese Language School

11199 Geil Street
Castroville, CA 95012

* This is a gentle paced class
for Seniors.

Wednesday, 4:30-5:30pm

February 4

Gonzales Recreation Center

620 5th Street
Gonzales, CA 93926

Saturday, 10:00-11:00am

March 21

Soledad Community Center

560 Walker Drive
Soledad, CA 93960