



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
Castrville, 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