BRISBANE PARKS & RECREATION DEPARTMENT



This is the perfect workout for active older adults who are looking for a modified Zumba class at a lower intensity. It is also ideal for those with a limited range of motion. Easy to follow choreography focuses on cardio, balance, flexibility and coordination.. Come ready to sweat, and prepare to leave feeling empowered and strong. No prior experience is necessary!

Days/Times: Mondays and Thursdays
10:00am - 11:00am

Location: Community Center
250 Visitacion Ave.

Ages: 18 years and older

Fee: Purchase payment card at 1st class or
on-line at www.brisbaneca.org
6 visits $40 resident / $47 non-resident
Drop-ins welcomed - $8 per class

Instructor: Lillian Markind

For More Information Contact
Recreation Supervisor, Russ Carmick
415-508-2143
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