



# BASCC

CELEBRATING OUR 31<sup>st</sup> YEAR Birmingham Area Seniors Coordinating Council and Center

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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### ZUMBA® GOLD OFFERED AT BASCC

The Birmingham Area Seniors Coordinating Council and Center (BASCC) is the host site for the Zumba® Gold Fitness Program.

A new eight-week session begins, Thursday, March 5 from 9:00–10:00 am at the Center, 2121 Midvale Street, Birmingham. The fee for the class is only \$36. Pre-registration and pre-payment is required by March 3. Cash, check (made payable to "BASCC") or credit card payments are accepted. Phone registrations require a credit card (MasterCard or VISA). For more information about this and other BASCC programs, call 248-203-5270.

The Zumba® Gold Fitness program was designed for the active older adult. It is a low-impact aerobic workout combining fast and slow dance rhythms with Latin music. Dress comfortably and wear dance sneakers or cross trainers.

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