In-Person Hudson Valley

Chair Zumba

Wednesdays
September 2–December 16 **2–3 pm**
Kingston Senior Hub
5 Development Court, Kingston
In Partnership with the Ulster County Office for the Aging, take a seat and get ready for a dance fitness workout! The class will feature seated movements that help to improve balance, coordination, and overall strength.

Watch Anytime, Anywhere, New On-Demand Videos!

Explore our collection of on-demand videos—featuring guided meditations, energizing fitness classes, and educational webinars.

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