

Just Friends

DATE: Wednesday, March 29th
TIME: 12:30—2:30 PM
WHERE: Our Lady Star of the Sea Parish Hall
PRESENTER: Jeanne Degatano, Zumba Sentao Instructor

BROWN BAG LUNCH

Join us!



ZUMBA®
sentao

Grab a Chair and
Get into the Zone

Sentao is a brand new Zumba fitness program that uses chair-based choreography to strengthen balance, stabilize your core, and step up your cardio in a whole new way!