



Zumba Gold



with **Shelly Coster**

This virtual Zumba class offers both standing and sitting options for all athletes.

Who: Special Olympics Montana athletes

When: Thursdays, 4:30pm-5:00pm

To participate, contact Mallory Frank at mfrank@somt.org or 406-315-4230.

Once registered with Mallory, she will send you a Zoom link.