



# ZUMBA® gold

**Zumba Gold** is a Zumba fitness program specifically designed for the active older adult.

Work at your own level, instruction given for both basic and advanced steps. All classes are low impact ensuring safety and comfort.

When you come to a **Zumba Gold** class bring water, a towel and your 'party' attitude! Its fun, different, easy and effective.

CLASS TIME: FRIDAYS FROM 1 TO 2PM

CLASS RATE: \$8 PER CLASS (flat rate)