



ZUMBA®
gold

Zumba Gold is a fun, low-impact aerobic class designed for older adults. Move to the beat at your own speed with dance movements set to exciting Latin rhythms. Build strength, balance, flexibility and memory!

Most of all ... Have fun!!

Tuesdays

10:10 ~ 11:10am

January 8 ~ 28 (No Class 1/21)	\$20R/\$22NR
February 5 ~ 26	\$20R/\$22NR
March 5 ~ 26	\$20R/\$22NR
April 2 ~ 30	\$25R/\$28NR
May 7 ~ 28	\$20R/\$22NR

Walk-In Fee \$6 per class