

# Zumba Gold

# Fitness Class

**Starting up in**

**January 2012**

**Classes are on Monday's**

**January 16, 23, 30, Feb. 6, 13, 27, March 5**

**10:30am—11:15am**

**At the Golden Circle.**

**4620-47A Avenue**

**Register at the front desk.**

**\$42.00 for members**

**\$67.00 for non-members.**



Zumba Gold is made for seniors looking for an entry level dance fitness class. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

The class features hypnotic Latin and tropical rhythms and easy to follow moves to create a one of a kind fitness program. You will tone and sculpt your body while burning calories and having fun! Mix salsa, meringue, cumbia, reggaeton and cha, cha dance steps with a little Latin flavour, and you have Zumba Gold. Instructor: Natalie Brooks

