

Introducing **Zumba Gold!**

Zumba Gold is a unique fitness class that fuses Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program for older adults.



The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba Gold class!

Led by Megan Weigand.

Mondays and Wednesdays

5:30pm

Begins March 22nd