

Zumba Gold

Dance your way to vibrant health while smiling all the way!

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of those just beginning a fitness journey or those who need a less rigorous class to support their exercise needs. It is fun-spirited and known for its zesty Latin and International music, like salsa, merengue, cumbia, and reggaeton.

The program is conducted with easy-to-follow moves set in an invigorating, party-like atmosphere. No need to worry about following moves, everyone catches on after a few sessions. Zumba Gold is a fun and lively experience. Be prepared to laugh! You will burn between 500 and 800 calories in one session and make new friends!

Bring a lot of smiles and a bottle of water. Dress in comfortable clothes and wear sneakers without thick treads.

Participants just love the Zumba Gold. Here is why:

“Exercise has never been so much fun! Zumba with Gold is energizing, a lot of fun and a great way to work out without it feeling like a chore and the music is great.”

“I do Zumba Gold every Friday morning. Since I have been going I have increased my fitness levels, flexibility and mobility range and I just love every class. I have met some great people and am now socializing a lot more.”

“I thoroughly enjoy Zumba Gold classes. It is a great way to keep active, as the music and routines are fun. My overall fitness and well-being have improved. All the smiles encourage us all to let loose, shake, rattle and roll like we used to, many years ago!

“Like many men I thought the music and dance of Zumba Gold was for women, but I decided to give it a go. I was amazed to realize what a great work-out it is and such fun too! I now believe that the combination of exercise, dance movement and fun is the best one-hour combination I have found to drop the excess weight. I say, ‘You will never know until you don't give it a go.’”

Dates: Saturday, February 4th – April 14th (No class March 3rd)

Time: 9:15am-10:15am

Site: Locust Lane Clubhouse

Fee: \$80.00 (10 sessions)

Instructor: Robin Melanson