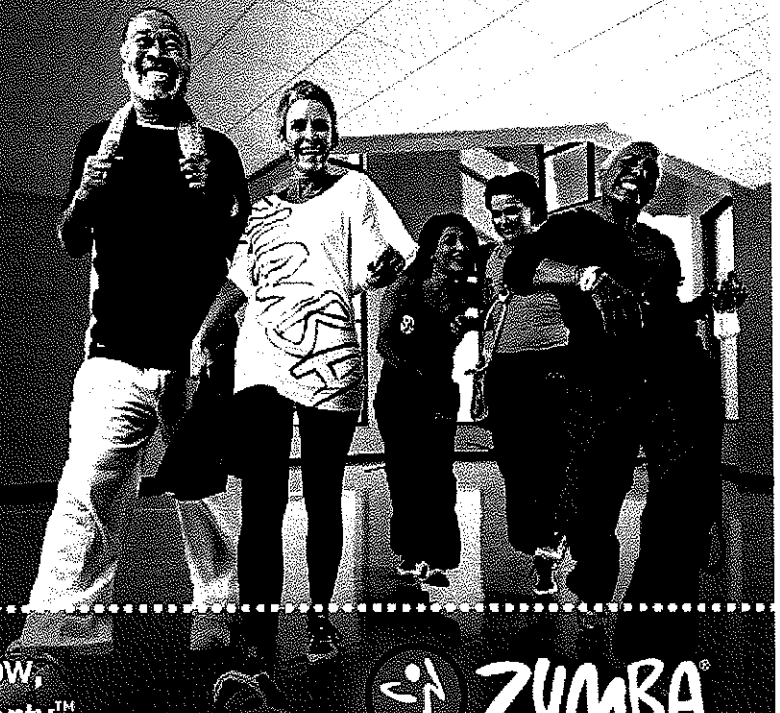


# "Latin Dancing Fitness Class for Seniors and Fitness Beginners"

# PARTY ON!



The lower impact, easy-to-follow, Latin-inspired dance fitness-party™ that keeps you in the groove of life.



**ZUMBA**  
gold

by NANCY BYRNE

Zumba Gold is for the active older adult and beginners to fitness classes. The program is designed so that everyone can do it! Music Rhythms of Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock and Roll are put into a safe paced and effective format to give you a total body workout. Zumba Gold is a "Fitness Party"! You will have the time of your Life Exercising! Ditch the workout and Join the Party!

Starts : Sept. 14<sup>th</sup>  
Time : 4:30 pm to 5:30 pm  
Cost : \$40 - 8 classes  
Classroom: 1A  
Instructor : Nancy Byrne