



ZUMBA[®] gold

With Stacey Horvath

*Monday and Wednesday
5pm*



ZUMBA GOLD is designed to motivate everyone, regardless of age, to get active and adhere to a fitness program. ZUMBA classes combine high-energy, motivating music with unique moves and easy-to-follow combinations. ZUMBA GOLD participants dance and have a blast! The ZUMBA Fitness Party is not only a great workout for the body, but is also great for the mind.

ZUMBA GOLD is a “feel happy” workout for everyone!

Perfect For

Active adults who are looking for a Zumba[®] class that recreates the original moves you love at a lower-intensity.

How It Works

The class introduces easy-to-follow Zumba[®] choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong!

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!