



## A GREAT PLACE TO GET STARTED

**Zumba Gold** – Zumba Gold is perfect for the baby boomers and beginners. 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. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. 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.

Glitz Dance Studio has more Gold classes every week. So join Shawn and his team of experienced Zumba Gold instructors. We have been running these classes for more than 12 months so we know what we are doing and have the experience that counts when doing a Zumba Gold class.

We pride ourselves on bringing you the very best experience no matter of your age and ability. Gold classes make the Zumba experience possible for all.

We can come to you if needed with the Gold Program especially designed for the

- Mentally handy capped
- Wheel chair or chair bound participant
- Or a Gold class designed for a specific Community Group

The Zumba Gold program is designed for the wider community to get involved where a normal Zumba Class just doesn't fit that communities need.

Contact Shawn to find out more on 0414 570 622.

So - **Let's ditch the workout and get ready to party!**



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