

Zumba Gold

Tuesdays & Thursdays



10:30 am – 11:15 am

Instructor: Dana Wolfe

Cost: \$2.00 per class

Ages: 55 years and above

Adult Recreation Center

519 West Franklin Boulevard

What is Zumba Gold?

Zumba Gold is a fitness program specifically designed to take exciting Latin and International dance rhythms created in original Zumba and bring them to the active older adult.

This FUN, Latin inspired workout includes Merengue, Salsa, Cha Cha, Belly Dance, Flamenco, Tango and Rock and Roll. The program is guaranteed to provide the participant with a safe and effective total body workout!



**GASTONIA**
NC
Great Place. Great People. Great Promise.
Parks & Recreation Department

**For more information, please call
(704) 866-6848 or (704) 866-6842.**