

ZUMBA GOLD

Certified Instructor – Dawn Hild

Sundays, Feb. 17, 24, Mar. 3, 10, 24, 31
5:30-6:15 p.m.

Wednesdays, Feb. 20 & 27
Tuesdays, Mar. 5, 12, 19, 26
6:30-7:15 p.m.

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Prek/K Multi-Purpose Room in the Elementary – Use entrance 12.

Zumba Gold is a low impact, low intensity workout that is perfect for beginners. Repetitive dance movements will help participants catch on quickly. Adjustments are easily made for hip & knee problems. **The workout is choreographed to a variety of music styles. Workout & have FUN!!** Wear clothes that are loose fitting and comfortable. May want to bring a water bottle.

Space is limited!

2 days/week -- \$60

1 day/week -- \$35



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