



# ZUMBA<sup>®</sup>

## gold

### For Adults & Active Seniors

Zumba Gold targets the largest growing segment of the population: baby boomers. 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!

Instructor: Ileana Cortez

**Mondays**

**January 8 - February 26**

**\*No class 1/15 & 2/19**

**Time: 9:15 am - 10:15 am**

**Registration Now in Progress**

**Fees:**

**Active Adults**

**Resident \$60.00**

**Non-Resident \$90.00**

6 Weeks = 6 Classes

**Drop in fee per class**

**Residents \$15**

**Non-Residents \$23**

**Fees:**

**Seniors 55 & up**

**Resident \$30.00**

**Non-Resident \$42.00**

6 Weeks = 6 Classes

**Drop in fee per class**

**Residents \$6**

**Non-Residents \$8**

Registration and classes held at the Surfside Community Center  
Proof of residency is required at the time of registration

***\*Changes/Cancellations are subject to administrative***



For more information please call (305) 866-3635

Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)