



Zumba Gold is the perfect fit for active older adults who want comraderie, excitement and fitness!

Classes held at C.I. Beaver Hall
3696 Highmont St

\$35/resident
\$40/non-resident



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.

Tuesdays: Feb 7 - March 13; 9 - 10am

Zumba Gold Toning offers the best of both worlds - the exhilarating experience of Zumba Fitness-Party with the benefits of safe-and-effective strength training. Build muscle strength, increase bone density, and improve mobility, posture and coordination.

Thursdays: Feb 9 - Mar 15; 9 - 10am

427-5514
ci.beavercreek.oh.us