

STARTING OCTOBER



ZUMBA®
gold

FIT FOR THE YOUNG AT HEART

**GET ACTIVE WITH GREAT PEOPLE
AT THE DANCE PARTY WORKOUT
THAT MOVES AT YOUR PACE.**

Zumba Gold

Every Monday

2:00pm-3:00pm

Location: MP1 & MP2

Instructor: Joanne

Free for
Silver&Fit Members
\$3 fee for
Non-Members