



ZUMBA[®]
gold

For Adults & Active Seniors

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 Cortes

Wednesdays

October 21 - December 16

No class 11/11 & 11/25

Time: 9:15 am - 10:15 am

Resident Registration Begins October 5th

Fees:

Active Adults

Resident \$70.00

Fees:

Seniors 55 & up

Resident \$35.00

Drop Ins are not available for this session

Registration will take place by reservation ONLY

To reserve, please call (305) 866-3635

HEALTH GUIDELINES

TEMPERATURE CHECKS WILL BE CONDUCTED BEFORE PROGRAM BEGINS.

FACE COVERINGS WILL BE REQUIRED AT ALL TIMES.

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 fees*

For more information please call (305) 866-3635

Website: www.townofsurfsidefl.gov

