



ZUMBA®

gold

Zumba Gold is a fun-filled dance fitness class. Experience a complete body workout while learning the basic steps to salsa, meringue, cha-cha and other rhythms. No dance experience is necessary! Zumba Gold classes provide modified, low-impact moves for active older adults. Comfortable clothing and athletic shoes are recommended, and participants are encouraged to bring a water bottle. This is a drop-in style class, so pre-registration is not necessary. The \$5 fee is payable each day attended.

- **MONDAYS, 3:00PM-4:00PM**
- **JANUARY 16—APRIL 3**
- **(NO CLASS 1/23)**
- **\$5 / CLASS**

**Rosemount Steeple Center
Room 202
14375 South Robert Trail
Rosemount, MN 55068**



**QUESTIONS? PLEASE CONTACT
ROSEMOUNT PARKS & RECREATION AT
651-322-6000.**