



# ZUMBA®

gold

## Perfect For

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

## How It Works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

## Benefits

The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!



## Tuesdays

## 2:00 p.m.

## Pittsboro Center for Active Living

## 365 Hwy 87N, Pittsboro

For more information:

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