

## **ZUMBA GOLD**

Zumba Gold uses the same energizing music as a traditional Zumba Fitness class but at a reduced speed and intensity. Classes are shorter in length with a longer warm up and cool down to allow participants to improve balance, flexibility, strength, and overall heart health. Perfect for beginners!

CLASS #	<b>AGES</b>	DATES	DAYS	TIMES	# OF CLASSES	<b>RES/NON-RES</b>
201990-01	16 +	10/6-10/27	Sundays	4-4:50 pm	4	\$22/\$24.45
201990-02	16 +	11/3–11/24	Sundays	4-4:50 pm	4	\$22/\$24.45
201990-03	16 +	12/8-12/29	Sundays	4-4:50 pm	4	\$22/\$24.45

## **ZUMBA TONING**

Zumba Toning takes the traditional Zumba Fitness class to the next level by utilizing body resistance and light hand weights or Zumba Toning Sticks to enhance rhythm, build strength, and tone all the target zones. Zumba Toning is the perfect way to sculpt your body naturally while having a great time!

CLASS #	<b>AGES</b>	DATES	DAYS	TIMES	# OF CLASSES	<b>RES/NON-RES</b>
201995-01	16 +	10/6-10/27	Sundays	5-5:50 pm	4	\$22/\$24.45
201995-02	16 +	11/3–11/24	Sundays	5-5:50 pm	4	\$22/\$24.45
201995-03	16 +	12/8-12/29	Sundays	5-5:50 pm	4	\$22/\$24.45

Instructor: PJ Posey

Classes held at: Rosemeade Recreation Center

1330 Rosemeade Parkway

972.466.9815

Register online at: www.cityofcarrollton.com/signupnow

