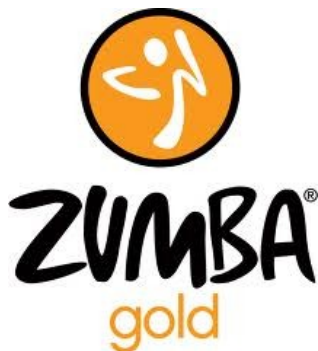


Zumba® Gold



Fun Fitness Classes for Baby Boomers and Beyond

Zumba® Gold is a lower impact fitness class that uses Latin and International rhythms and moves, with the emphasis on modifications to suit all levels, from people in wheelchairs to active seniors. It is fun, has easy to learn choreography, has safe and slow progressions, and did we mention, it is FUN? Instructor Marcy Nicks is a Licensed Zumba® instructor and loves the health and fitness benefits that she has gained by learning and teaching Zumba®.

Ages 50+ 6 Classes per Session, Mondays 9 a.m.-10 a.m.

Cost per 6 week session: \$55 Meadows Resident, \$59 non-resident. Session 1: 2/20-3/26/12 Session 2: 4/2-5/7/12

The Grange
3692 Meadows Blvd
Castle Rock, CO 80109
303.814.2358
MeadowsLink.com

This class requires a minimum of 8 students.

To register: Call 303.814.2358

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