



ZUMBA GOLD

Starting Tuesdays ~ January 10, 2012

**@ Bedford Town Hall
(70 Bedford Center Rd)**

TIME: 6-6:45 PM

INSTRUCTOR: Ginger Kozlowski

**FEE: \$7 per class OR purchase a
10-class Punch Card \$60**

Pay the instructor directly for this program at class

The Zumba Gold fitness program is a specialty course designed to meet the anatomical, physiological, and psychological needs of the aging population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity.

**Sponsored by:
Bedford Parks & Recreation Department
If you have questions call 472-5242**



**ZUMBA
GOLD**