



# ZUMBA GOLD



Zumba gold is an exciting dance fitness program using Latin based and international dance rhythms designed especially for the active older adult, the beginner participant, and anyone else looking for a low-impact workout.

For ages **18 & older**

**When:** Fridays from 10:15am – 11:00am

**Where:** Redlands Community Center  
(111 W. Lugonia Ave)

**Cost:** \$8 per class



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