

Zumba Gold



Description: Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

BEGINNERS ARE WELCOME!

Day/Time: Thursdays – 9:30am

Location: Senior Center – Flemington

*This is a “hybrid class” which means you have two options:
You can take the class virtually at home or come onsite.*

Registration is required. You must sign a waiver.

No charge. No prior experience necessary!

For Virtual Class: To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: elangeveld@co.hunterdon.nj.us or call **(908) 284-6128.**

Open to Hunterdon County residents aged 60 and over who are
enrolled members of the Senior Center.
Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services
Senior Health & Fitness Program