

Zumba Gold

A low impact Zumba class with easy to follow choreography that focuses on cardiovascular and muscle conditioning, range of motion, coordination, flexibility, and balance. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. All adults welcome. This class will be held in-person & virtually.

Instructor: Suzanne Hock

Fee: \$60 LM/ \$80 NM

Class#	Dates	Day	Time	Type
534338A1	Sept 7- Oct 26	Tu	11am-12pm	In-Person/Virtual
534338B1	Nov 2- Dec 21	Tu	11am-12pm	In-Person/Virtual

Zumba for Boomers and their Friends

Enjoy a low impact Zumba class with no jumping but all the great music and moves you love for a fun workout. Zumba is a party that is exercise in disguise. All adults welcome. No experience necessary. This class will be held in-person & virtually. No Class on Nov 25

Instructor: Suzanne Hock

Fee: \$60LM/\$80NM

Class#	Dates	Day	Time	Type
534310A1	Sept 9- Oct 21	Th	6:30-7:30pm	In-Person/Virtual
534310B1	Oct 28- Dec 16	Th	6:30-7:30pm	In-Person/Virtual

Zumba Gold Toning[®]

A class that blends Zumba Gold with light hand weights to enhance muscle strength, tone and endurance. Using easy to follow choreography and fitness moves with and without weights, the class focuses on toning muscles, endurance, range of motion, flexibility, coordination, and balance. All adults welcome. No experience necessary. Light weights are used in class. This class will be held in-person & virtual. No class on Nov 26

Instructor: Suzanne Hock

Fee: \$60 LM/ \$80 NM

Class#	Dates	Day	Time	Type
534337A1	Sept 10- Oct 22	F	10-11am	In-Person/Virtual
534337B1	Oct 29- Dec 17	F	10-11am	In-Person/Virtual