

# ZUMBA GOLD

Every Tuesday 11:15 a.m.

\* Innovative \* Fun \* Exciting



**Zumba Gold** is set to the wonderful sounds of Latin music with low intensity for ease of participants.

**Zumba Gold** is designed for the active older adult, the true beginner, and/or people who are new to regular exercising, or are limited physically.

\$2.00 min. donation appreciated for all ongoing programs



Located within the Norfolk Fitness & Wellness Center  
7300 Newport Ave.