



ZUMBA GOLD

POP-UP CLASSES WITH JILL

Zumba Gold is the perfect class for those looking to recreate the faster pace of original Zumba. The design of the class introduces easier to follow choreography, without taking away from the fun and sweat of original Zumba! The class encompasses cardio, muscle conditioning, coordination, balance, and flexibility. All levels encouraged.

**SATURDAYS • JANUARY 4TH, JANUARY 11TH
FEBRUARY 1ST, & FEBRUARY 8TH**

11:30AM - 12:30PM

NO SIGN UP NECESSARY • LOCATED IN STUDIO 1