

Zumba GOLD has been designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba GOLD is done at a lower intensity, not as fast, but it certainly is just as fun. We use the same great Latin styles of music and dance rhythms are used such as flamenco, belly dance, salsa and merengue.

Each class starts with a warm up then we perform the cardio section, which is full of fun dance routines then finish off with some lovely balance, relaxation and stretch routines.

The warm up and cool down sections are based on research and science guidelines established for safe and effective classes. The Zumba GOLD choreography is designed to be simple, effective and easy-to-follow. The dances are a combination of traditional moves of each rhythm as well as fitness adaptations appropriate for you. Everyone will have different skill and fitness levels and it is recommended that you move according to your own level. Ani, your Zumba instructor, will offer you various modifications so no matter what your level is you can still join in and have fun. During the class take regular breaks when they are needed. The most important things to remember is that there is no need to push yourself, there is also no right or wrong and to relax and have fun!

Benefits of Zumba GOLD

- Improved cardiovascular capacity
- Improved overall muscular strength and endurance
- Improved bone density, prevention of osteoporosis
- Preserved, restored, and/or improved flexibility
- Improved range of motion
- Improved posture
- Improved balance and coordinator
- Improved cognitive function
- Improved motor control and performance agility
- Increased caloric expenditure – weight control or weight loss
- Improved ability to perform pain free activities or daily living ADL's
- Enhanced self esteem and general well being
- Empowered and enhanced quality of life
- Enhanced relaxation
- Reduced depression, stress and anxiety
- Increased opportunities for social interaction
- Increased opportunities to dance, party and have FUN!