

# Bloomingtondale Park District

Zumba • Zumba Gold • Zumba • Zumba Gold

## Zumba

Looking for a fun and exciting way to tone and sculpt your body? Zumba is salsa, cha cha, merengue, hip rolls and shimmies together with high energy Latin and international music. Instructor guides you through a series of unique moves and combinations, providing a great workout. No dance experience is necessary. Drop-in rate is \$10R/\$13NR.

Location: Aerobics Studio  
Instructor: Lora Troesken

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:00-7:00P	3/20-5/15*	\$75/95	203531-B1
Adult	W	6:00-7:00P	3/21-5/16*	\$75/95	203531-B2

\*NO CLASS 3/27, 3/28



## Zumba Gold

Dance your way to a fitter and healthier you! Zumba Gold is a slower-paced, low-impact version of a classic Zumba class that's just as fun! Optimal for the active mature adult and exercise beginner or pre/post natal mom, Zumba Gold combines a variety of Latin and international rhythms with an easy-to-follow workout. No dance experience is necessary. Please wear comfortable exercise clothing and bring a hand towel and water bottle. Drop-in rate is \$10R/\$13NR.

Location: Aerobics Studio  
Instructor: Lora Troesken

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	9:30-10:30A	3/20-5/15*	\$69/89	203546-A2
Adult	Th	9:30-10:30A	3/22-5/17	\$69/89	203546-B2

\*NO CLASS 3/29

