

MARCH

Zumba Gold



FREE TO ALL W-R ADULT RESIDENTS!

MONDAYS 3/2, 3/23, & 3/30

FRIDAYS 3/20, 3/27

AT 9:30 A.M.

Zumba Gold is a modified, lower-intensity Zumba class designed for active older adults or beginners, focusing on easy-to-follow choreography that emphasizes balance, coordination, and flexibility rather than high-impact moves. It provides a fun, joint-friendly way to improve cardiovascular health, muscle conditioning, and overall well-being, allowing participants to enjoy the benefits of a dance fitness program at their own pace.

Please wear comfortable clothing, refrain from eating 1 hour before class, bring water, and as always, please get the ok from your physician before beginning any new exercise program. Class will start promptly.

2026