

Q: How do I know which one is right for me, Zumba, Zumba Toning or Zumba Gold?

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting and effective fitness system. It's so much fun that it's exercise in disguise!

ZUMBA TONING blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class using weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.

ZUMBA GOLD is a lower-intensity endurance training designed for beginners and active, aging adults. While staying true to the Zumba philosophy and working the muscles of the hips, legs and arms with dance moves, the moves are adjusted to address the physical needs of the class.

All of the Zumba classes at the Wellness Center can incorporate chair-based options and be modified to fit your needs.



Personal Trainer and Wellness Instructor John Ferguson weighs in on the different options.

**All group fitness classes are free for members,
so check out a Zumba class today!***

*Zumba participants **must obtain a class pass** from the front desk.