



# ***Zumba*** ***gold***<sup>®</sup>

The Zumba<sup>®</sup> program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple:

We want you to want to work out, to love working out, to get hooked. Zumba<sup>®</sup>

Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba<sup>®</sup> class! Gold is for new to exercise participants and older adults!!

**Thursday morning 11am to 11:55**

\$5 per person or punch cards

**Grand Hall Studio Fitness**

**217 Oak Street, Farmington MN 55024**

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