Zumba Gold is a series of fitness programs specifically designed to take the exciting dance rhythms created in Zumba and bring them to the active older adult, the beginner, and the other special populations that may need modifications for success.

Benefits of Zumba Gold

- Improved aerobic cardiovascular endurance
- Improved posture
- Improved range of motion
- Improved balance and coordination
- Increased caloric expenditure
- Enhanced relaxation
- Enhanced self esteem
- Reduced depression, stress, & anxiety
- Increased opportunities to dance & have FUN!

Zumba Gold is great for the mind, body and soul.