

# Zumba Gold



**Zumba Gold** is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.

**How It Works:** The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

**BEGINNERS ARE WELCOME!**

**Day/Time:** Thursdays – 9:30am

**Location:** Senior Center – Flemington

**Registration is required. Space is limited; first come-first serve**

**No charge. No prior experience necessary!**

To receive an invitation email, meeting login credentials and any further instructions; please email your registration request: [elangeveld@co.hunterdon.nj.us](mailto:elangeveld@co.hunterdon.nj.us) or call (908) 284-6128.

**Open to Hunterdon County residents age 60 and over who are enrolled members of the Senior Center.**

**Sponsored by the Hunterdon County Division of Senior, Disabilities & Veterans Services  
- Senior Fitness Programs**