



**ZUMBA®
GOLD**

Gold Takes our ZUMBA® basic program and makes it accessible to active older adults, deconditioned individuals, and those recovering from injuries. ZUMBA® is a fusion of Latin and International music, dance themes that create a dynamic, exciting, effective fitness system! Class option of standing or seated. ZUMBA® is a great way to give more excitement & spice to everyone's workout!

First session starts September 20, 2018

@ Berwyn Senior Recreation Center

26155 Richardson, Dearborn Heights, MI 48127

Every Thursday, 9:30 am - 10:15 am

(313) 791-3550 Sign up in the OFFICE.

8- Week Session

Fee: \$25 Resident & \$30 Non- Resident

\$4 DROP IN'S

*** We will pro-rate session ***

**** Bring a small towel and water****

A Dearborn Heights Parks and Recreation Senior Citizen Program.

Staff for this program is partially funded by The Senior Alliance (TSA)