

# ZUMBA® gold



## FITNESS



## Renaissance Senior Center at South Econ Community Park

3800 South Econlockhatchee Trail, Orlando, FL 32829

## Mondays and Wednesdays

### 9 - 10 a.m.

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

**No dance experience required!**

**\$5**  
per class



**407-254-9070 • [OrangeCountyParks.net](http://OrangeCountyParks.net)**



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.