

Try your first class for FREE!



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The low impact, easy-to-follow, Latin inspired dance fitness workout that keeps you in the groove of life.

Zumba Gold: classes for Zumba Beginners and 50+

Monday Mornings: 10 - 11am & Thursday Mornings: 9 - 10am

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and modifies the moves and pacing to suit the needs of the active older participant, making it accessible for seniors. Zumba Gold is also perfect for those just starting their journey to a fit and healthy lifestyle and others needing modifications in their exercise routine. Zumba gold is done at a much lower intensity. It's just as much fun just not as fast! A safe and effective total body workout... guaranteed.

\$75 / 8 class punch card (inc tax) OR \$12 drop in per class (inc tax)

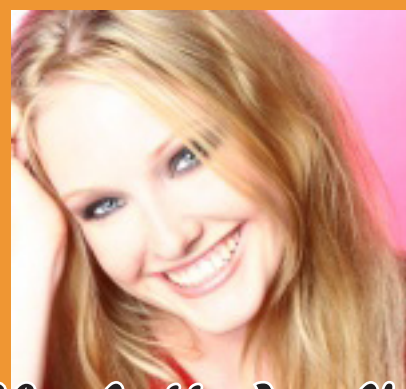
- * All levels of fitness and dance abilities are welcome!
- * Punch cards do not expire and may be used for any of our Zumba classes and in any order.
- * 8 week Zumba programs run back to back.



Forever Young
DANCE STUDIO

TO REGISTER:

Call 250 240-0533. Email: yungdance@shaw.ca.
Drop in at the studio - Pioneer Plaza, 281 East Island Hwy.
Parksville, BC (opposite Thrifty Foods)
Website: www.foreveryungdancestudio.com



with Charlotte Asplin