

Hamilton-Wenham Recreation Department

978- 468- 2178

stimmons@hamiltonma.gov



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. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

Hamilton-Wenham Recreation Department

Zumba Gold

8 Week Session - Fridays

March 1st – April 19th

11:00-11:50

\$45

Recreation Center Gymnasium

16 Union St, Hamilton, MA

Cheryl Cabral is a Beverly resident and a licensed Zumba, Zumba Gold, Zumbatomic and Zumba Toning instructor. She has a competitive latin dance background and enjoys bringing dance fitness to her participants in an effort to help them stay fit and heart-healthy. Anyone can join in – beginner to expert!

