

DITCH THE WORKOUT AND JOIN THE PARTY!

OLDER ADULTS DANCING THEIR WAY TO BETTER HEALTH WITH THE ZUMBA GOLD PROGRAM.

The Zumba Gold fitness program is a specialty course designed to meet the anatomical, physiological, and psychological needs of the aging population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity.

There is a lot of cardio and you definitely get the benefit of strengthening the cardiovascular system. It is also a weight-bearing exercise, which helps with the bones. Since people are constantly moving, it helps preserve, restore, and improve range of motion. That, in turn, can help with peoples' posture.

Also there is a social aspect to the program. Working out is a great way to keep in touch with friends and make new ones. Older adults grew up dancing. They love music and really respond to it. There is no technique needed. It is just fun with a fantastic health benefit. You won't even know you are exercising!