



Zumba Gold classes will be offered for (8) week sessions, located in the Lake County Administration Assembly Room as follows:

Class Sessions: Thursday, May 13, 2010 – July 1, 2010
4:45 pm – 5:30pm
or
Thursday, May 20, 2010 – July 8, 2010
12:15 pm – 1 pm

Zumba Gold is a beginner's level, Latin based aerobic exercise program, designed to motivate everyone to get active regardless of age, adhere to a fitness program, and is perfect for anyone just starting out! Zumba Gold combines high energy and motivating music with unique moves and simple, easy to follow combinations that allow The Zumba Gold participant to dance and have fun!

Based on a minimum of (10) participants the cost will be \$16 per individual for all (8) classes.

To sign up, please call Jackie Via, Wellness Coordinator at ext. 2748 by **Monday, May 3, 2010.**

Maximum class size is (20) participants.

