



Kick your weekly activities up a notch!

Zumba Gold is a beginner's level, Latin based aerobic exercise program, designed to motivate everyone regardless of age to get active, 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!

You are invited to attend and participate in a Zumba gold demonstration on Thursday, February 25, 2010 at 12:30 pm, located in the Lake County Building Administration Assembly Room.

Learn the moves to Salsa, Tango, Cha Cha and more...

If there is enough interest, classes will begin in March...

See you at the demo on Thursday, February 25th at 12:30 pm...

