

# Zumba with T

## Tuesdays Mornings

### **What is Zumba Fit?**

- ZUMBA® classes creates a party like atmosphere that is incredibly fun, different, is so easy to follow, that EVERYONE of any age can do it!
- All classes are open to participants of any skill or fitness level. Zumba classes are made up of simple, easy-to-follow movements, led by a certified instructor.

### **How is Zumba Gold Different?**

- ZUMBA® GOLD is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

### **What to Expect:**

- Remember: anyone can do Zumba. People of all ages, backgrounds and fitness levels can do Zumba.
- Wear comfortable clothes & shoes that you can move around in. The most common type of shoes are flat-soled sneakers.
- Bring a water bottle and a towel. No other equipment is required.

### **Where and When:**

Classes are every Tuesday at the Waihi Beach RSA.

8.30 Zumba Gold

9:30 Zumba Fit

Cost \$8.00 per class

Classes run by Teresa Harley - Certified Zumba Instructor

Teresa's Mobile: 027 8636358

