



Coming this April 2012! Great for beginners and it is all low impact!

Come and have some fun!

Zumba® Gold Fitness Program

The Zumba® Gold program improves balance, flexibility and cardiovascular strength with its unique program. Zumba® Gold was designed to teach the basic dance steps to anyone, even those requiring chairs or wheel chairs. Zumba® Gold provides an appropriate workout for the sedentary population. Feeling the music is the first and most important step to learning Zumba®. Feeling the music happens when one suddenly forgets he's/she's dancing in a class and the music is the reason to move with joy.

Physiological Benefits of Zumba® Gold

- improved cognitive function (from learning new steps and moves)
- improved motor control and performance (practice, practice, practice)
- improved range of motion, overall strength and flexibility
- improved bone density
- increased caloric expenditure
- improved ability to perform pain-free activities of daily life

Psychological Benefits of Zumba® Gold

- enhanced self esteem
- enhanced general feeling of well being
- empowered & enhanced quality of life
- enhanced relaxation
- reduced depression, stress, anxiety
- increased opportunities for social interaction
- increased opportunities to dance, party, & have fun!

Come out and try a Zumba® Gold class today!

When: Wednesdays beginning on April 4th

Time: 10:45am-11:30am

**Where: Showbiz Kidz Dance Studio, 408 State Route 57,
Phillipsburg, NJ 08865**

Cost: \$5.00 walk in

For more information or to sign up contact Mary Ellen at 908-763-4010