

Zumba Gold - Join the party!



Ginger Kozlowski leads a low-impact class perfect for anyone who wants to get fit while having fun! Gold classes are as intense - or not - as you want to make them, as Ginger demonstrates the different levels of workout you can shoot for. Ginger has been a licensed Zumba instructor for 8 years. The biggest differences between regular Zumba and Gold are that she calls the steps out and that the moves are low-impact - great for anyone who is looking to get back into shape, or just wants a workout that's easy on the joints. Feel free to put your energy into it, too - we sparkle when we work hard!

Classes are \$7 drop-in price - no commitment!

Tuesdays & Thursdays @ 6 PM (upstairs)

Class runs from Sept. 10 through Dec. 19, with some nights off.

Bedford Town Hall (across from the Bedford Public Library)

Buy a 10-class pass for \$50 (BIG DISCOUNT!) and save \$20, good through Dec. 19.

These passes will only be sold in September!

Learn more at www.linedancemax.com or www.facebook.com/Gingerdancezumba.

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