



Perfect For

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

