

EYNESBURY DISCOVERY CENTRE

ZUMBA GOLD



Designed specifically for the older adult and led by an experienced and qualified Zumba Gold instructor, this program offers a fun, safe and effective workout. Zumba Gold classes are low impact and incorporate a great warm up and cool down, with easy to follow routines all to the sound of fabulous Latin music. Participating in Zumba Gold classes offer many physical health benefits and are great for your general wellbeing.

You can participate in Zumba Gold classes at any time as the sessions are pay as you go, no need to worry if you miss a class, just join in on the next one.

WHERE: Eynesbury Discovery Centre
479 Eynesbury Rd, Eynesbury, 3338

DATE: Saturdays: 30 April – 25 June, 2022

TIME: 10am – 11am

COST: \$5 paid to tutor at each session

BOOK: meltonlearning.com.au

INFO: 0499 500 875 | haidis@melton.vic.gov.au

