

Zumba Gold Chair

- **ZUMBA GOLD CHAIR is a MODIFIED Zumba Gold Fitness class done SEATED in a chair.**
- **Enjoy a fun and simple SEATED dance-fitness workout which offers LOW-IMPACT and LOWER-INTENSITY moves.**
- **You'll be SHAKING IT AT YOUR OWN PACE to zesty Latin, spicy Indian and other music from around the world.**
- **Ideal for SENIORS, plus any adult with balance issues or lower limb injuries, or just starting their fitness journey, or otherwise doesn't have the capacity for a standing exercise class.**

BULIMBA (\$10 Class Fee)
Mondays 1:30pm to 2:30pm
Bulimba Community Centre
14 October to 16 December 2024

MOOROOKA (Free):
Fridays 1:30pm to 2:30pm
Moorooka Community Centre
4 October to 6 December 2024
This class is funded by Brisbane City Council as part of Council's Active & Healthy Program

Olga 0415 818 983
hello@boogiecamp.com
www.boogiecamp.com.au

