

Zumba Gold Classes with Olga

ZUMBA GOLD FITNESS CLASSES:

Zumba Gold Fitness is a fun and simple dance-fitness workout with MODERATE-INTENSITY, LOW-IMPACT moves to zesty Latin rhythms, spicy Indian tracks and other music from around the world!

- **BULIMBA** - Fridays 5:30pm @ Bulimba Community Centre**
 - 4 Oct - 6 Dec 2024 | 31 Jan - 4 Apr 2025 | 2 May - 6 Jun 2025
- **MANLY** - Thursdays 9:30am @ Drevesen Park**
 - 3 Oct - 5 Dec 2024 | 30 Jan - 3 Apr 2025 | 24 Apr - 5 Jun 2025
- **MANLY (\$) - Thursdays 9:30am @ Drevesen Park**
 - **Class Fee \$8.00 on non-Council funded dates**
 - 12 Dec 2024 | 2025: 16-23 Jan, 10-17 April, 12-26 June
 - Dates may be subject to change
- **NORMAN PARK** - Fridays 9:15am @ Pattison Avenue Park**
 - 4 Oct - 6 Dec 2024 | 31 Jan - 4 Apr 2025 | 2 May - 6 Jun 2025
- **SUNNYBANK** - Wed 5:30pm @ Sunnybank Community Centre**
 - 2 Oct - 4 Dec 2024 | 29 Jan - 2 Apr 2025 | 23 Apr to 4 Jun 2025
- **WYNNUM (\$) - Wed 8:00am @ Waterloo Bay Leisure Centre**
 - **Class Fee \$7.00 (aircon OFF) or \$8.00 (aircon ON)**
 - WEEKLY, excl 16 Oct 2024, 25 Dec 2024 and 1 Jan 2025

ZUMBA GOLD CHAIR CLASSES (Seated Zumba for Seniors):

This is a MODIFIED, LOWER-INTENSITY workout done SEATED in a chair. Ideal for seniors as well as adults with balance issues, lower limb injuries, or who don't have the capacity for a standing class.

- **BULIMBA (\$) - Mondays 1:30pm @ Bulimba Community Centre**
 - **Class Fee \$10:** 14 Oct to 16 Dec 2024; 2025 dates TBA
- **MOOROOKA** - Fridays 1:30pm @ Moorooka Community Centre**
 - 4 Oct - 6 Dec 2024 | 31 Jan - 4 Apr 2025 | 2 May - 6 Jun 2025

ONLINE - Zumba Gold Fitness, Toning and Chair classes available on demand 24/7 for only \$6 per household (pay via PayPal or Card)

****FREE ACTIVE & HEALTHY CLASSES:**

These activities have been funded by Brisbane City Council as part of Council's Active & Healthy Program.

For **MORE INFO + CLASS UPDATES:** www.boogiecamp.com.au

GOT A QUERY? Contact **Olga 0415 818 983** hello@boogiecamp.com

CONNECT with me on Facebook and Instagram [@boogiecamp](https://www.instagram.com/boogiecamp)