

Zumba Gold

Nedlands Affinity Club

9.30am – 10.30am every Wednesday at Dalkeith Hall

9.30am – 10.30am every Thursday at Mount Claremont

9.00am – 10.00am every Friday at Dalkeith Hall

Zumba Gold is a fun, easy and low-impact Latin-inspired dance fitness program. Get active whilst dancing to great music with experienced Zumba instructor Viviana Soto. Cost: Affinity Members \$9, non-members \$12.

To book or find out more, phone Marita on **9386 6170** or email **positiveageing@nedlands.wa.gov.au**. This activity is provided for senior residents in the City of Nedlands, aged 55+.