



Media release

For immediate release

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Zumba Gold moves into Subiaco

A new series of weekly fitness programs specifically designed for older active adults is moving its way into Subiaco.

A safe and effective low impact workout, Zumba Gold encourages participants to move at their own pace while having fun and increasing fitness.

Mayor Heather Henderson said the affordable classes are a welcome addition to the city's existing seniors and recreation programs.

"Zumba Gold is great for people who are looking for a safe and enjoyable way to gain some fitness and have fun in a comfortable environment," said Mayor Henderson.

"Our senior community members can enjoy an hour of exercise with our fantastic instructor Debra, who will guide you through both basic and advanced fitness options."

Zumba Gold classes kick off with a special free launch event at the Subiaco Community Centre on Tuesday 8 May at 10.30am.

Participants are encouraged to wear gold or yellow and have the chance to win a door prize on the day. The hour long launch will be followed by complimentary refreshments.

Regular weekly classes are \$5 and participants should bring a water bottle and towel. To register for the classes call the city on 9237 9320.

-Ends-

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