



Zumba Gold



CLASS INFORMATION:

Get ready to move to the music! One of Courtney's favorite classes is back in our large, sunny second floor room. Zumba is a Latin-based dance fitness program, and Zumba Gold is a modified version for participants seeking lower-impact workouts. Same fun rhythms like salsa, belly dance, and samba, but with movements that are easier to follow. There's no jumping or turning and Courtney will give more suggestions if you need them. Go all around the world without leaving Exeter!

INSTRUCTOR: Courtney has been teaching Zumba for 8 years and currently teaches Zumba, Zumba Gold, and Aqua Zumba. She also teaches HydroPilates, Aqua Yoga, and S'WET (Structured Water Exercise Training.) When she's not teaching, she's teaching! She's an English instructor at Phillips Exeter Academy.

REGISTRATION: Pre-registration is required (space is Limited)
Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or by phone. (3) Minimum, (10) maximum.

LOCATION: Classes will be held in the Upstairs Large Room at the Exeter Recreation Building, 32 Court Street, Exeter, NH.

Tuesdays, October 17 – November 14, 2023		
Class	Time	Fee
Zumba Gold	9:00am-10:00am	Free

EXETER PARKS & RECREATION DEPARTMENT
32 Court Street, Exeter, NH 03833
Phone: 603-773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday-Friday, 8:15am-4:15pm