

Moovin' &
Groovin'
WHILE SITTING



ZUMBA®

Chair-based gold



W/INSTRUCTOR: DAWN HAMILTON



Zumba Gold has a 'Zumba Chair' version, in which the entire class is done while seated. This is ideal for those who find difficulty in standing for extended periods of time, those with limited mobility and those who require wheelchair assistance.

CONTACT INFO:

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\$5 per class
\$20/MONTH
PUNCH CARDS
AVAILABLE

MONDAY & WEDNESDAY:

11AM-12PM
FWB REC CENTER
132 JET DRIVE NW
FORT WALTON BEACH, FL.