

*Moovin' &  
Groovin'*  
WHILE SITTING



# ZUMBA®

Chair-based

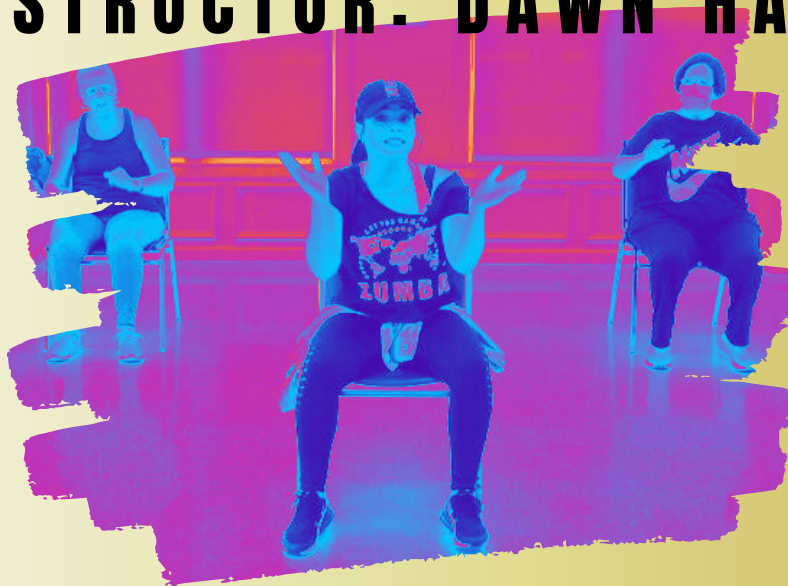


gold

**\$5** per class

**\$20/MONTH  
PUNCH CARDS  
AVAILABLE**

**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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**MONDAY & WEDNESDAY:**

**11AM-12PM**

**FWB REC CENTER**

132 JET DRIVE NW  
FORT WALTON BEACH, FL.