

Dear Health Professional,

I am writing share information about Zumba Gold dance classes. Zumba Gold is a **low impact** dance class specifically designed for **active older adults**, adults **with an injury**, those new to dance or fitness and people with **disability**. It is an easy, fun class which makes exercise **more accessible** to people who have barriers to exercise.

Zumba Gold dance classes help to **reduce chronic disease progression and improve bone density, increase muscle mass, muscle strength, blood sugar control, joint mobility, balance, mood** and provides a great social outlet for all participants. It helps older adults **maintain their ability to look after themselves** as they age and **increase independence and quality of life**.

Classes are run by various instructors over the Central Coast:

💃🏻**Monday**

- 11am at Peninsula Community Centre, Woy Woy with Zumba Fitness with Vicki (<0419958379>)

- 2.30pm at Terrigal 50 plus Leisure and Learning Centre with Terry. Must be a member (4384 5152)

 💃🏻**Tuesday**

- 2.30pm at Terrigal 50 plus Leisure and Learning Centre with Terry T (4384 5152)

- 10.45am at Erina at Conveniently Active Exercise Physiology with Carin (0424 270 016)

**💃🏻Wednesday**

- 11am Long Jetty Over 50’s club with Cassie ([4332 5522](4332%205522))

💃🏻**Thursday**

- 2.30pm Zumba Gold Toning Terrigal Over 50's Leisure and Learning Centre with Cassie (4384 5152)

💃🏻**Friday**

- Adelene Villlage, Wyoming with Haruko ([4325 3693](4325%203693))

- 11am at Narara Eco-Village with Carin ([0413 77 44 11](0413%2077%2044%2011))

- 11am at the Peninsula Community Centre, Woy Woy with Vicki (<0419958379>)

- 1pm at Toukley 50 plus Leisure and Learning Centre with Cassie ([4396 5075](4396%205075))

If you would like any further information please reach out.

Carin Clegg

Dietitian and Zumba Instructor

0413 77 44 11