

Golden Zumba®

Golden Zumba® is known for zesty Latin and international music, easy-to-follow moves and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly and most of all, fun!

These classes are designed to introduce easy-to-follow choreography that focuses on balance, range of motion and coordination. Come ready to get a great workout, make friends, have fun and leave feeling strong. This is an beginner level class.

Come and try the class on the demo days for free!

Thursday, March 19 1pm to 1:45pm

Tuesday, March 24 9:15 to 10am

Class Information:

Tuesdays in April 9:15 to 10:00am #175261 \$8/month

Thursdays in April 1:00 to 1:45pm #175264 \$8/month



My name is Maria Bolanz, I have been dancing as long as I can remember. I love and enjoy the Zumba® program because it fuses dance with good music and it's a great outlet to exercise while having fun. It is designed for ALL ages, sizes and fitness levels. It is fun, different, effective, not limited to any specific group of people and to add to the benefits it also helps to burn many unwanted calories. When you step into any of my classes I am committed to provide a welcoming enjoyable place, a great workout, honesty, a safe environment, integrity and the positive energy you're looking for that leaves you wanting more. I do what I love to do and love what I do!



RALEIGH Parks,
Recreation and
Cultural Resources
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