

ZUMBA GOLD®

Zumba Fitness® is a Latin-based exercise program which originated in Cali, Colombia. Students participate in an “exercise in disguise” program by dancing to low and high intensity Latin music. With a warmup and cooldown, the class combines cardio, conditioning, balance, and flexibility for a calorie-burning dance fitness activity.

“Zumba GOLD® is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original ZUMBA Program and bring them to the active older adult” (ZUMBA GOLD® Instructor Training Manual, 2010). This invigorating fitness program for both men and women creates a party-like atmosphere that’s great for the mind, body, and soul of the active older adult population.



About ZUMBA GOLD® Instructor

Valerie Williams, the certified ZUMBA GOLD® Instructor is a continuing member of the Zumba Instructor Network (ZIN) and has been leading Zumba classes in Pocatello since 2011. She caters each ZUMBA GOLD® class to each and every participant. Throughout the work out (minus the “work” part), she demonstrates moves for the beginning student and gradually scaffolds the moves into those for the more advanced student. The level of intensity is yours to decide, either remain at the beginning level or advance as your fitness level permits. Williams says, “ZUMBA GOLD® not only improves fitness levels, but is a great opportunity for social interaction with others. We start the party at 8:30 a.m. every Wednesday & Friday morning at the Senior Activity Center. Come join the festivities twice a week and let it move you!” If you have any questions for Valerie about ZUMBA GOLD®, please call her at 208-681-3179.

