

Benefits of Zumba Gold

Physiological Benefits of Zumba Gold

- Improved cognitive function
- Improved balance and motor control
- Improved range of motion, overall strength and flexibility
- Improved bone density
- Increased caloric expenditure
- Improved ability to perform pain-free activities of daily living

Psychological Benefits of Zumba Gold

- Enhanced self esteem
- Enhanced general feeling of well being
- Empowered and enhanced quality of life
- Enhanced relaxation
- Reduced depression, stress, anxiety
- Increased opportunities for social interaction

Zumba Gold was designed to teach the basic dance steps to anyone, including those requiring chairs or wheel chairs.