



Get Bent

Arts & Recreation

115 1475 Fairview Road Penticton, BC 462.1025 www.GetBentRec.com

Mondays 1-2pm Jan 9 – March 12 (10 weeks)

\$100.80 taxes included



ZUMBA[®]
GOLD



Zumba Gold[®]

- targets the largest growing segment of the population - baby boomers
- modifies moves and pacing to suit the needs of the active older participant
- great for those just starting their journey to a fit and healthy lifestyle
- zesty Latin music
- exhilarating, easy-to-follow moves
- invigorating, party-like atmosphere
- camaraderie, excitement and fun fitness



Call Get Bent to register! 250.462.1025

Instructor Donna Pura