



ZUMBA gold

for Seniors
Fall 2026 Session

ADDITIONAL SESSION ADDED:
FRIDAYS AT 11AM

OCT 23 - DEC 18 • \$22 FOR RES / \$33 FOR NON-RES
OCTOBER 23 • NOVEMBER 6, 13, 20 • DECEMBER 11, 18
(NO CLASS 10/30 & 12/4)



DEPARTMENT OF
COMMUNITY SERVICES
all for fun & fun for all!



MONDAYS
10AM

SEPT 28 - DEC 21

9/28, 10/5, 10/19, 10/26, 11/2,
11/9, 11/16, 11/23, 12/7,
12/14, 12/21

NO CLASS ON 10/12 & 11/30

**MAPLEWOOD
COMMUNITY CENTER**
120 BURNETT AVE

Zumba Gold is a fun, low-impact dance fitness class designed for active older adults. Enjoy upbeat music, easy-to-follow moves, and modifications for different fitness and mobility levels. No dance experience necessary!

Instructor: Cynthia Ruiz

Cynthia Ruiz has been inspiring participants since 2011 through Zumba Gold, Zumba, cycling, boot camp, circuit training, and strength-based classes. She creates an energetic, supportive environment while providing clear modifications for participants of different ages, abilities, and fitness levels. We are excited to welcome Cynthia to the Maplewood Department of Community Services team!

**FEE: \$45 FOR MAPSO RESIDENTS
\$65 FOR NON-RESIDENTS**



CALL (973) 763.0750 OR REGISTER ONLINE AT:
[HTTPS://MAPLEWOOD.RECDESK.COM](https://maplewood.recdesk.com)