

Zumba comes of age

A SAFER, low impact style of Zumba class in Dalkeith has people of all ages fighting fit.

Zumba Gold is a new style of the popular Zumba exercise which has taken the world by storm.

The classes, run by Deb Ruggiero in the Dalkeith Hall, takes the Latin dance rhythms created in the original Zumba and brings them to older participants as well as beginners in a lower impact style with less jumping but plenty of intensity.

"I've had people as young as 18 and people as old as 85 in the classes," Ms Ruggiero said.

"The classes are mainly marketed to people aged 45 and over but it is really suitable for anybody.

"So many people have tried the original Zumba and find it too difficult to follow.

"The Gold program offers a very safe alternative and maintains a high heart rate at the same time."

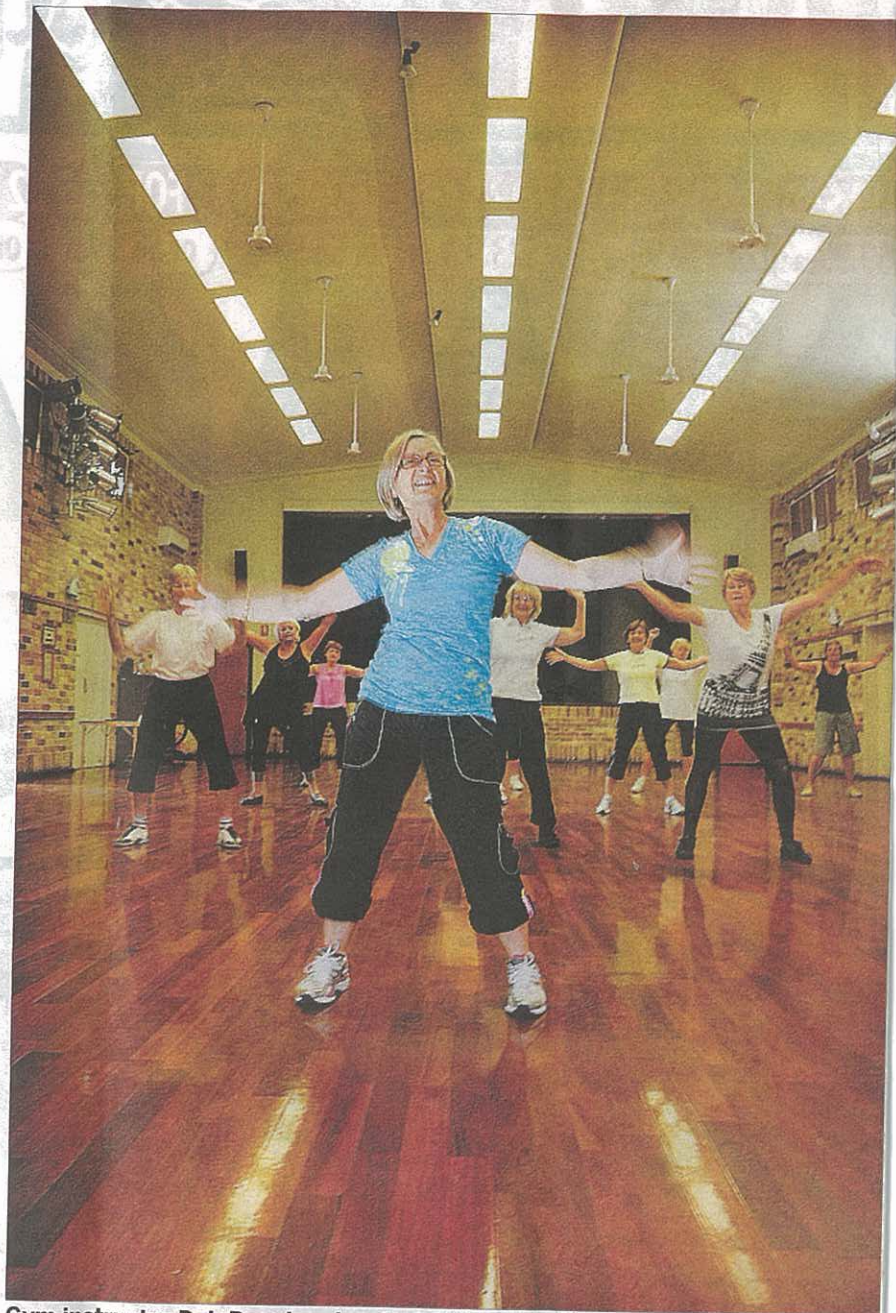
Ms Ruggiero, who has been a gym instructor for 30 years, said she enjoyed teaching older people how to stay fit.

"In a way I have travelled their journey so in that sense it is very fun and rewarding," she said.

She has so far received positive feedback from the Dalkeith participants.

Classes are also held in Fremantle and Leeming.

For more information on the program phone 0405 615 966.



Gym instructor Deb Ruggiero has tamed the popular Zumba dance exercise to make it more suitable for older enthusiasts. Picture: Will Russell

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