

Zumba Gold for the young and active at heart



*Zumba Gold instructor
Deb Ruggiero*

by Ara Jansen

IT'S REALLY enough to send you scuttling back to the couch. If you've seen

those infomercials for Zumba, the hip-swivelling Latin dance exercise craze which people just can't seem to get enough of, then you might be wondering how in the world you would EVER cope with a class like that.

The great news is that Zumba Gold is designed for the young and active at heart, even if you're not young in years. If you're willing to "move, smile and sweat" then you can do Zumba Gold for a safe and effective full body work-out.

Zumba Gold instructor Deb Ruggiero is in her 50s and teaches a handful of classes each week to those

older people who like the idea of getting fit and dancing their way there.

"It's low impact and slower than the Zumba you might have seen and with a great variety of rhythms," says the qualified gym instructor. "People in their 70s come to my classes and I've had someone as old as 89 try it and someone who is 16. There is a program for 80-year-olds plus but this one can be handled best by people 45 to 70.

"The people who come to Zumba Gold are fairly fit and active and want something to give them a little more push."

Maureen Cox, 66, goes

to Deb's south of the river classes and says over the last few months she has been able to see and feel herself getting more fit and flexible. Also, she finds the warm down stretching really helpful and never feels stiff or sore later.

"I walk my dog everyday and I have swum to Rottnest," says Maureen, "but this is a nice way to have fun and exercise. I'm not a jogger and this is more comfortable. Deb doesn't stop smiling when she's taking a class so you can't but not smile back and feel good."

Deb says it doesn't matter if you have no history of

dance, all ages and abilities are welcome and the moves of each class can be altered to suit. At the moment the daytime classes are mostly filled with women but Deb would love more men to join in.

"This is a general body toning and fitness class," says Deb. "If you're moving but your right arm is up instead of the left one, that's fine. As long as you're moving I'm happy. I want people to enjoy themselves."

Join Deb for a class - www.zumbawa.com.au or 0405 615 966. Classes are \$10 and casual. Enquires for group classes are welcome.