



Penrith Women's  
Health Centre  
Established 1987

# ZUMBA

## GOLD



**FIND COMMUNITY THROUGH MOVEMENT - A JUDGMENT-FREE LATIN DANCE INSPIRED FITNESS CLASS CELEBRATING EVERY WOMAN'S INNER POWER.**

### MONDAYS

**START TIME: 11 AM**  
*DURING SCHOOL TERM*

### COST

\$10 PER SESSION **OR**  
\$80 FOR A 9 WEEK TERM

### LOCATION

THORNTON COMMUNITY  
CENTRE  
61 LORD SHEFFIELD CCT,  
PENRITH



*Facilitator: Susie, Zumba Gold Instructor*

**CALL TO BOOK YOUR SPOT**  
**(02) 4721 8749**