



SESSION HANDOUT

Zumba® Gold-Toning

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SESSION HANDOUT

Presenter

Josie Gardiner, Melanie Guzman & Joy Prouty

Schedule

15 min: Intro
45 min: Master Class
15 min: Review of Science
15 min: Exercise Selection
1 hr, 15 min: Drills and Presentations
15 min: Q&A
(Total: 3 hours)

Session Objective

- Define Zumba® Gold-Toning
- Identify the Guidelines for the Zumba® Gold-Toning participant
- Identify the benefits of Zumba® Gold-Toning
- Identify safety tips specifically appropriate for the Zumba Gold® Participant
- Learn how to create choreography and toning moves appropriate for the Gold Market

History & Background

The Zumba® Gold-Toning participant is an active older adult, someone with special needs, considerations or mild injuries, or someone just starting their journey to a fit and healthy lifestyle. The Zumba® Gold-Toning Program was developed to combine the basic Zumba Gold® dance-fitness class and the lightweight principles as taught in Zumba® Toning, and to identify the safety considerations, modifications and exercise selection appropriate for the Gold market.

Application of the Zumba® Formula

Follow the “formula” for creating choreography. To ensure that your Zumba® Gold-Toning participants are successful it is important that you select music that allows for:

- Full or comfortable ROM (range of motion)
- To maintain correct body alignment
- Safety when performing stationary or traveling patterns

Drills:

1. Choose shoulder exercises with base Cumbia steps.
Focus: Use of music tempos – up 2, down 2 – up 3, down 1 – up 1, down 3 – up 4, down 4 etc.



2. Identify the parts of the song/formula. Working in partners, use one core step for each part of the song, and pick a muscle group – use toning exercises as appropriate.
3. Select 2 lower body toning exercises and teach in a pattern/combination
4. Demonstrate the perfect squat – use as appropriate for a Gold participant
5. Design a Warm Up appropriate for a Gold Toning Class

Basic Steps & Variations

- Chest: Fly, Press
- Back: Fly, Row
- Shoulders: V Raise, Lateral Raise, Front Raise
- Biceps: Curl, Hammer Curls
- Triceps: Kick back, Press
- Legs: Squat, Lunge, Abduction, Adduction, Hamstring Curl
- Lower leg: Heel Raises, Toe Taps

Choreo Notes

Song Name		
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Verse		
Chorus		
Break		
Music		
Chorus		

Recommended Music

1. Warm Up Mix
2. United For The Cup
3. Vete
4. Hundacha Tribal
5. Donya
6. Rain
7. Marioneta
8. Let the Grove Get In - Balance
9. Rechazame – Cool Down