



ZUMBA gold® classes are now being offered on Monday and Wednesday mornings from 9 to 9:45 p.m. and Wednesdays from 9 to 9:45 a.m. at Trent Auto Sales, 1327 N. 6th Street, Vincennes. Please enter the door on the far right end of the building. It has a bright green Zumba® logo on it. This easy-to-follow program lets you move to the beat at your own speed. It is an invigorating, community-oriented dance-fitness class that feels fresh and most of all, exhilarating. ZUMBA gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle. Instructor Tricia Trent welcomes new participants to join at any time. The fee is \$4 per class, but the first class is free. For more information, call 812-890-1139.