

Zumba



- **Zumba** is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!
- It's different. You probably never thought you'd be exercising to this type of music.
- It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked.

The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've go **Zumba!**

Class Times

Tuesday 8:00–9:00

Thursday 7:00–8:00

Class Prices

1 Class a Week—\$40.00 per month

2 Classes a week—\$50.00 per month