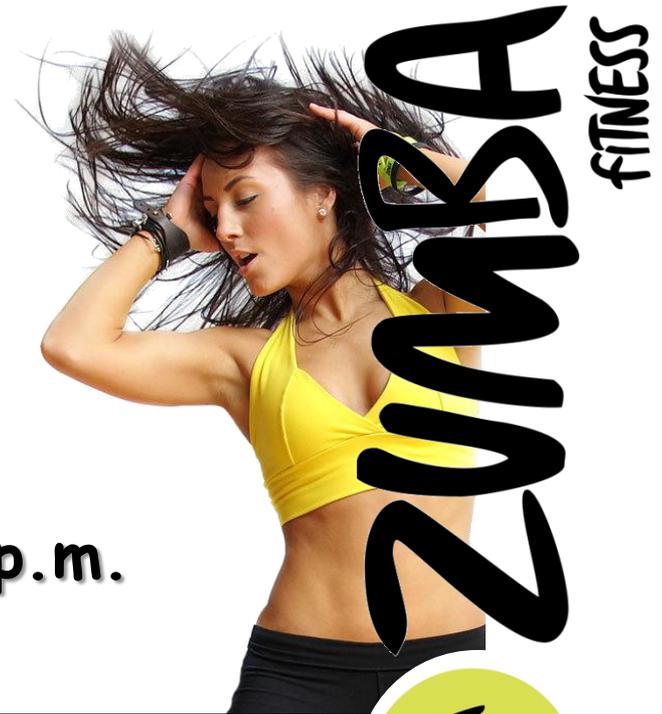


ZUMBA

FITNESS



Monday/Wednesday at 6 p.m.
Saturday at 10 a.m.



ZUMBA
FITNESS



The Zumba program is a *Latin-inspired*, dance-fitness class that incorporates Latin and International *music and dance* movements creating a dynamic, exciting, exhilarating, and effective fitness system. A Zumba Class- *Zumba Fitness Party* combines fast and slow rhythms that tone and sculpt the body using aerobic/fitness approach to achieve a unique blended *balance of cardio* and muscle toning benefits.



For more information please contact the Fitness Center at 228-871-2668.