

# ZUMBA



*This one hour Zumba dance class features interval training with fast and slow rhythms and resistance training, which results in toning and sculpting the body while burning fat.*

*Latin and International music is what makes Zumba so unique.*

*Great cardio and lots of **fun!***

**Tuesday**

**6:30-7:30pm**

**Instructor: Josephine Liner**

**Wednesday**

**7:35-8:35pm**

**Instructor: Wakesha Evans**

**NEW CLASS**

**Starting Thursday, Jan., 2**

**5:30-6:30pm**

**NEW INSTRUCTOR**

**Instructor: Diana Scott**



**\$5 Daily Fee  
or  
part of the monthly aerobic fee  
\$30 Residents  
\$35 Non-Residents**