

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 (Starting July 1)

7:35-8:35pm

Instructor: Wakesha Evans



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

visit www.cityofgoosecreek.com