



Zumba Fitness is a Latin inspired dance fitness class designed for fun, cardiovascular fitness, strength training, toning muscles, promoting good health and promoting flexibility. Zumba Fitness is a great dynamic core workout! Each session involves high caloric expenditure in an easy, non-intimidating learning environment. All fitness levels are welcome and you do not need to know how to dance. Experience a class that incorporates Latin and International music dance movements, which will create a dynamic, exciting and effective fitness system! Zumba makes it easy and fun to achieving fitness goals. Develop a positive self image and see why Zumba is exercise in disguise!

WHO: Adults ages 18 & up

WHAT: Zumba Fitness

WHERE: Riley Park Shelter House

WHEN: Monday – *5:45-6:45 PM & Thursday – 6:30-7:30 PM **(8 week sessions)**

Monday – 4/25-6/13 & Thursday – 4/28-6/16-Subject to change

*(Monday class starts at 6:30 PM in summer-normal 5:45 PM start)

PROGRAM COST BENEFIT: 2 X's per week - \$80-R/\$85-NR

1 X per week - \$42-R/\$47-NR \$6 daily fee

-No equipment needed!

REGISTRATION: *Registration begins 3/28*

Participant Minimum-6 students per class, per night Maximum-30

Greenfield Parks and Recreation Department

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The Benefits are Endless!

