



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 – 6/20-8/15 & Thursday – 6/23-8/18**-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 5/23*

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

Memorial Day Week: Class will be Wednesday 6/1-6:30-7:30 PM

No classes week of 6/27 – July 4 Class will be Wednesday 7/6 6:30-7:30 PM

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The Benefits are Endless!

