



Healthy Lifestyles Group Exercise



ZUMBA

Fitness



**Dance your way to a fitter you.
Exciting and unique latin
moves and rhythms.**

Zumba Basic
Monday @ 9:00 am
Instructor: Akemi
Free to Members



Zumba Gold
Thursday @ 9:00 am
Instructor: Patti
Free to Members

**MORE ZUMBA
CLASSES
THAN EVER !!**

Zumba
Wednesday @ 9:00 am
Instructor: Deborah
Fee: Free to Members

**LOTS OF FUN
WHILE
WORKING OUT**

Zumba Basic
Monday/Wednesday
6:00 - 7:00 pm
Instructor: Connie
Free to Members



Family Zumba
Tuesday/Thursday
1:45 - 2:45 pm
Instructor: Summer
Free to Members



Zumba Fitness
Friday 6:00 - 7:00 pm
Instructor: Akemi
Free to Members

