



# Zumba Schedule

## **MONDAY:**

**6:00p-7:00p ZUMBA w/Kristin Room 5**

## **TUESDAY:**

**6:00p-7:00p RHYTHMIC FUSIONS WORKOUT w/Josie Room 5**

## **WEDNESDAY:**

**6:00p-7:00p ZUMBA w/Rachel Room 5**

## **THURSDAY:**

**6:00p-7:00p ZUMBA TONING w/Kenyetta Room 5**

## **SATURDAY:**

**8:30a-9:30a ZUMBA w/Kenyetta Room 5**

**9:45a-10:45a ZUMBA TONING w/Kenyetta Room 5**

## **Class Descriptions**

**ZUMBA: A latin based fitness program for all ages and fitness levels.  
No dance experience needed !!!**

**ZUMBA TONING: Combines fun Latin moves and steps while adding  
1.5 – 3.0 pound Zumba sticks that rattle and tone!  
Also, requires resistance bands and mat.**

**RHYTHMIC FUSIONS WORKOUT: Welcome to our Rhythmic Fusion Workout,  
where we'll blend dynamic movements, strength training, and stretching all  
set to an energizing rhythm. Get ready to sweat, tone, and rejuvenate your  
body and mind!**

**What to Bring:** Make sure to bring your mat for floor exercises and a set of weights, preferably 5 pounds and under, to challenge your muscles. With these essentials in tow, you're all set to embark on a fitness journey that will leave you feeling strong and accomplished.



## **Zumba Class Pricing**

**Drop In Class - \$10.00**

**Monthly Unlimited Classes - \$35.00**

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**Toning Sticks and Mats can be rented for \$1.00 each.**

**Sticks and Mats are on a first come first serve basis.**

**Resistance bands can be purchased at front desk for \$18.00 (set of 3)**

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kmoniques.com**