



Zumba Schedule

MONDAY:

7:00p-8:00p ZUMBA w/Kristin Room 4

TUESDAY:

7:00p-8:00p ZUMBA w/Latrice Room 4

WEDNESDAY:

NO FITNESS CLASS

THURSDAY:

6:00p-7:00p ZUMBA TONING w/Kristin Room 4

SATURDAY:

8:30a-9:30a ZUMBA w/Kenyetta Room 4

9:45a-10:45a ZUMBA TONING w/Kenyetta Room 4

Zumba Class Pricing

Drop In Class - \$10.00

**Monthly Unlimited Classes - \$35.00
(in-studio and virtual)**

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.**

***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)**