



# Zumba Schedule

## **MONDAY:**

**6:00p-7:00p ZUMBA w/Kenyetta 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:**

**9:00a-9:50a HIP HOP DANCE FITNESS w/Jessie Room 5**

**10:00a-10:50a 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!

**HIP HOP DANCE FITNESS:** An upbeat, high-energy workout set to a mix of  
old and new school jams. Combines cardio, strength, and rhythm- all  
while having a blast to the hottest hip hop beats.

**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**