



Zumba Schedule

MONDAY:

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

TUESDAY:

6:00p-7:00p ZUMBA w/Rachel Room 4

WEDNESDAY:

N/A

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.

STRENGTH IN MOTION: This class is where muscle meets movement. This
upbeat, music-driven class combines weight lifting, core, band and
barre-inspired strength work with cardio bursts and deep stretches. A
Total body experience that will leave you feeling powerful, balanced and
strong.

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

Weights: preferably 5 lbs and under.....Mat: for floor exercises
Weights and Mats can be rented for \$1.00 each



Zumba Class Pricing

Drop In Class - \$10.00

Monthly Unlimited Classes - \$35.00

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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