



# 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 + Lift 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**

## **SUNDAY:**

**2:00p-3:00p ZUMBA + Lift w/Kristin 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.

**ZUMBA + LIFT:** Muscle-sculpting power of strength training. Help burn  
fat, build strength and boost endurance with intervals of dancing and  
weightlifting moves.

**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.



## **Zumba Class Pricing**

**Drop In Class - \$15.00**

**Monthly Unlimited Classes - \$45.00**

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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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## **What to Bring**

**Weights: preferably 5 lbs and under**

**Mat: for floor exercises**

**Weights and Mats can be rented for \$1.00 each**