



Zumba Schedule

MONDAY:

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

TUESDAY:

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

WEDNESDAY:

N/A

THURSDAY:

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

SATURDAY:

9:00a-9:50a ZUMBA + Lift 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

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)

What to Bring

Weights: preferably 5 lbs and under

Mat: for floor exercises

Weights and Mats can be rented for \$1.00 each