

New Class

ZUMBA® is a fusion of Latin and International music and dance themes creating a dynamic, exciting, effective fitness system!

The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA® utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

It's the best party around!

**Tuesdays, 6:00pm
Studio 2
Beginning April 7th**



ZUMBA®