

# Zumba

FREE for passholders / \$8 for guests

Looking for a great workout that's healthy, beneficial, and FUN? Then it's time to ZUMBA!

An infusion of hypnotic Latin rhythms and easy-to-follow moves, ZUMBA creates an interval training session of fast and slow movements with resistance training to tone and sculpt your body while burning fat.

## Morning Classes

Fri: 9:30 am

## Evening Classes

Mon/Wed: 4:45 pm

Tues 6:00 pm

