

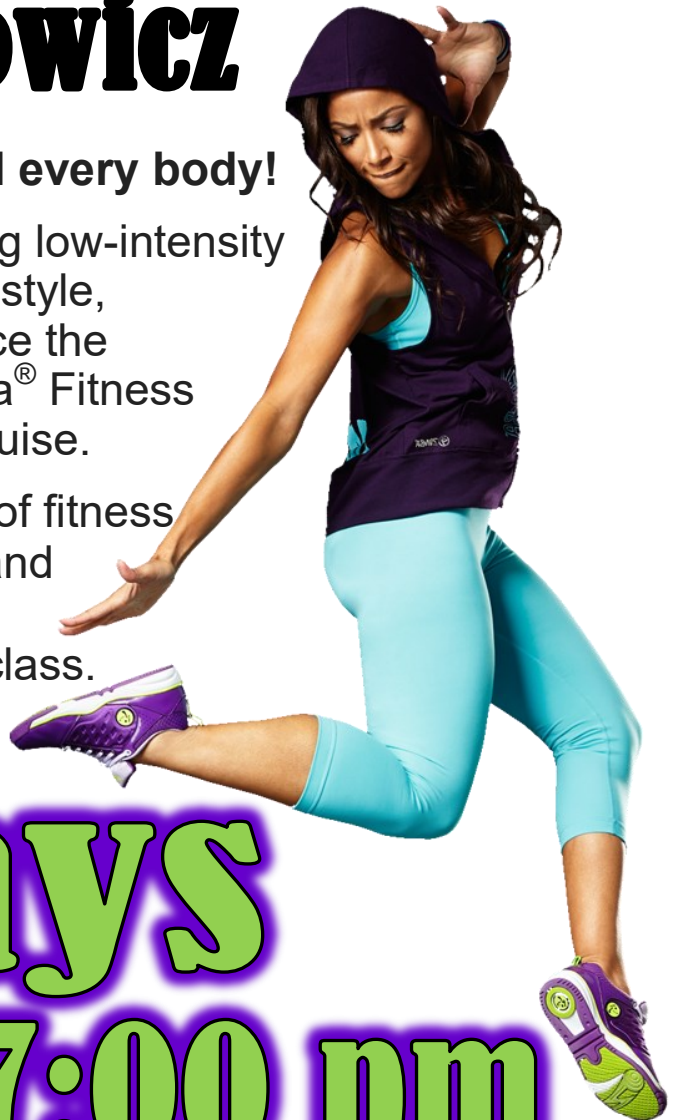
# Zumba®

**Jayne Chleborowicz**

**Zumba® is perfect for everybody and every body!**

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



# **Mondays**

## **6:00 pm - 7:00 pm**

**Cost is only \$3.00 per participant!**



**Class fee is required for all Recreation Center members. Non-Members are required to pay the daily guest fee plus the rate of the class. Please contact 458 - 2977 with any questions.**