

Zumba (6 week cycle in progress)
Wednesdays from 5:00-6:00 pm
Starting March 10th through April 14th
Instructed by **Zumba Instructor** Sandra Lisboa

Zumba (8 week cycle in progress)
Wednesdays from 5:00-6:00 pm
Starting May 5th through June 23rd
\$40 p/ person
Instructed by **Zumba Instructor** Sandra Lisboa

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!