

# ZUMBA

**Simple steps of Merengue, Cumbia, Cha-Cha, Salsa, Samba, Calypso, Reggaeton, Hip-hop and more to achieve a fun cardio workout, body toning and weight control!**

**Day:** Mondays and Tuesdays

**Time:** 7:15-8:00pm (Mon)

**Time:** 12:00-12:45pm (Tues)

**Location:** Aerobic Studio

**Eligibility:** Ages 12+

**Min 5 - Max 20**

**Registration** begins on the 3rd Wednesday each month.

**Wear exercise clothes and shoes that allow!**

**Requires a Gold pass plan**

