

ZUMBA®

exercise = fun

Zumba is a fitness class based on body sculpting movements and easy-to-follow dance steps, performed to the tune of Latin and international music. The routine features aerobic interval training with a combination of fast and slow rhythms. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric burning and body toning.



ZUMBA®
FITNESS

WHAT: Zumba dance fitness classes

WHERE: Sterling Pruitt Activity Center
2930 Gulf Street

WHEN: Tuesdays & Thursdays
from 6-7 p.m. beginning Nov. 16

COST: \$5 per class