Zumba

Tuesdays and Thursdays

Tuesday: 6:00 p.m. - 7:00 p.m.

Instructor: Melanie Mele

Thursday: 6:00 p.m. - 7:00 p.m.

Instructor: Yolima Solano

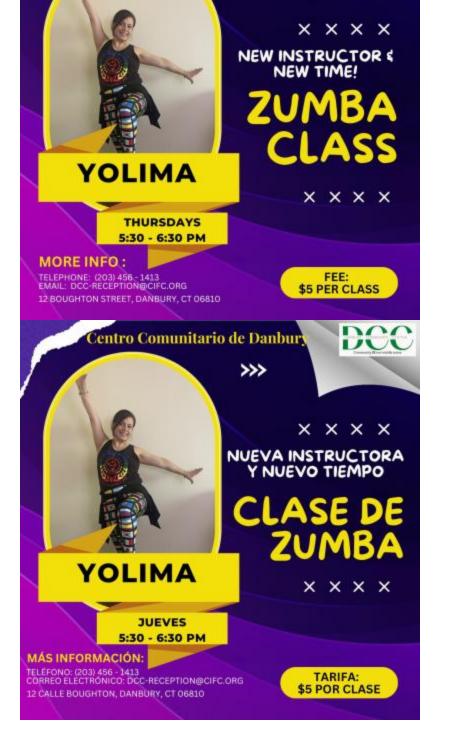
Fee: \$5/members \$10/Nonmembers Day-Pass



Zumba instructors use a series of specifically choreographed dance moves to provide a total body work out. Each class is set to up-tempo, primarily Latin inspired and other contemporary music that has you itching to dance before the instructor even starts and culminates in the most fun you will ever have working out. Like all workouts, Zumba classes start slower and grow in intensity before a cool-down to finish the class.

You don't need to be a strong dancer or have any experience to enjoy Zumba. The learning curve is much smaller than many other popular exercise programs and the repetitious dance moves with have you in the groove in no time.

From Zumba.com "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."





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