

# ZUMBA®

Zumba is a an aerobic fitness program featuring movements inspired by various styles of Latin American dance! This class burns MAJOR calories and activates core muscle groups incorporating simple Latin rhythms that can be easily modified for all physical types. There is no need for dance experience. Ages 18 & up. Come join us!



## Session 1:

6 classes beginning February 5th (Tuesdays) 6 PM - 7 PM

## Session 2:

6 classes beginning March 25th (Mondays) 5:25 PM - 6:15 PM

**Register Online:**

[mehlvilleschooldistrict.revtrak.net](http://mehlvilleschooldistrict.revtrak.net)