



2/6 through 3/29
5:00pm-6:00pm

CLASS DESCRIPTION:

We are excited to announce that Mey will be back for Zumba®! This exhilarating, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU! 60 minutes in length, this class mixes low and high intensity moves for an interval-style cardiovascular workout. Get ready to party yourself into shape with this energizing dance experience!

HOW TO ENROLL:

[CLICK HERE](#) to sign up (sign ups begin on January 15th at 10:00am). Last day to sign up is January 19th. Maximum capacity is 30 participants.

PROGRAM:

5:00pm-6:00pm on the following dates:
2/6, 2/8, 2/13, 2/15, 2/20, 2/22, 2/27,
3/1, 3/6, 3/8, 3/13, 3/15, 3/20, 3/22, 3/27, 3/29

WHO:

You! All fitness experience levels are welcome. Modifications will be made for individuals as needed.

COST:

Initial deposit of \$50 (cash or check) required to participate in the program by January 26th. Deposit will be returned to participant if at least 14 of the 16 classes are attended (2 absences allowed). If participant does not attend at least 14 classes, deposit will be forfeited. If participant chooses to discontinue the program, deposit will only be returned if cancelled by February 9th (please notify HR).

WHERE:

Theater

BRING:

Your own towel and water.
Wear fitness attire or loose fitting clothing.

