



**ALL WE
NEED
IS A BEAT**

Grab your friends and move like no one's watching! Zumba® Kids is the dance-fitness party where we play it loud and rock with friends to our own rules.



ZUMBA KIDS

with Zin Girlie Lorilla

Day : **Every Tuesday**

Time : **4:00pm-5:00pm**

Fee : \$180 per class

Age : 7 – 11 years

Venue : Studio B 2/F



Perfect For

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

How It Works

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps; add games, activities and cultural exploration elements into the class structure.

Benefits

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.



For enquiries and registration please contact the Fitness Centre on 2657 8292