



Perfect For

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Benefits

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 the class.

Day : **Every Friday**

Time : **9:00am to 10:00am**

Fee : \$180/hour

Ages : 16 years and above

Venue : Studio A 2/F

Instructor : Zin Girlie Lorilla

